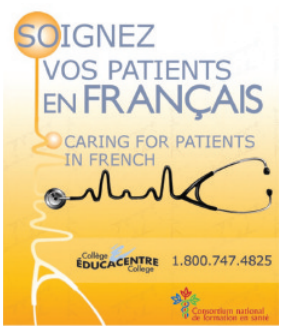
LEARNING CURVE SPECIAL FEATURE, PGS 11-17



The world's largest global newspaper
metro
VANCOUVER • TUESDAY, MAR 0
metronews.ca

Every minute of every day, someone needs blood.
Please call
1 888 2 DONATE ext.222
Canadian Blood Services
it's in you to give
BLOOD.CA
1 888 2 DONATE

UFC 115, city face final decision

WESTON STEELE
for Metro Vancouver

MMA UFC 115 in Vancouver may have been dealt a knockout blow, apparently because the city and the mixed martial arts organization have yet to resolve insurance-related issues.

After rumours of a possible cancellation, UFC president Dana White reportedly told sportsnet.ca yesterday that the June 12 event has been moved to Cincinnati. No official announcement has been made.

Paul Lazenby, a former fighter and advocate for mixed martial arts, said that the Vancouver Athletic Commission pushed to have the event go through, but the city's licensing and animal control division held up the process.

"They basically continued to express legal concerns without offering any solution," said Lazenby. "We keep asking them 'what do you need?' and they keep telling us what we don't have."

Lazenby said the licensing office had asked the UFC for higher levels of insurance and medical testing than it ever had to obtain in any other city. These "roadblocks" were thrown in, said Lazenby, because nobody wanted to say a definite "no" but instead, stall the process until it was too late.

In December, Vancouver City Council had voted 6-3 to approve a two-year trial period for MMA, but several issues remained unresolved.

Shane Carwin, top, takes on Frank Mir at UFC 111 in New Jersey last weekend.

LAURA FORTE/METRO VANCOUVER

Mehrdad Rahbar with one of his paintings on display at the Café for Contemporary Art in North Vancouver yesterday. Rahbar is the organizer of the Norooz Arts Variety Show, which displays works of art prohibited in Iran.

Fiancé of slain Iranian icon to visit Vancouver

Exile set to speak at arts show featuring works prohibited in Iran

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The fiancé of a woman whose shooting death on the streets of Tehran was seen online by people around the world is coming to North Vancouver to talk about the reality political prisoners face in Iran.

Caspian Makan was engaged to Neda Agha Soltan, a university student who was shot to death during a rally protesting the allegedly fraudulent Iranian election last summer.

Her death, which was captured on a cellphone video and posted on YouTube, galvanized the Persian community and made Neda the face of the campaign for freedom, peace and democracy in Iran.

Makan will be speaking at the North Vancouver Centennial Theatre on Saturday as part of the Norooz Arts Variety Show, a celebration of Persian art banned in Iran for being undemocratic or critical of the regime

The festival includes comedy, poetry, music, dance, film and fine art and is being organized by the Neda For Freedom Society, a local non-profit human rights groups.

"Neda's fiancé is a highlight (of the festival)," said organizer Mehrdad Rahbar. "He's been travelling since he was released (from prison) in Iran."

Rahbar said the unrest in Iran has fuelled a new wave of arts culture in that country, which has to exist underground until it's given an outlet in the West.

"Art is the main drive behind progressive movements. We want artists to take a leadership role in the movement."

Rahbar added that just because Iran isn't getting the media attention it did last summer, it doesn't mean the unrest has subsided.

"We're trying to broaden our audience to get the message out to non-Iranians, so Iran gets support from the West … and the rest of the world knows what's going on."

FACEBOOK

Neda Agha Soltan, left, and Caspian Makan are seen in an undated photo. Soltan was killed during a street protest in Iran last year. Her fiancé, Makan, will be in Vancouver this weekend.

Festival

- Tickets for Saturday's event are $15 at the door.
- The festival runs until April 10.
- For information, email neda.for.freedom@live.com.

Abbotsford Heat coach's fit goes viral

HOCKEY Video of Abbotsford Heat Coach Jim Playfair going ballistic during Saturday's match against the Hamilton Bulldogs has gone viral and has been viewed more than 200,000 times on YouTube.

The former Calgary Flames coach smashed two sticks over the boards and then ripped off his jacket while he stood on the boards and screamed obscenities at a referee.

In a statement, the Abbotsford Heat said Playfair was fined an undisclosed amount and would be back behind the bench for yesterday's tilt versus the Manitoba Moose.

The outburst occurred after Heat forward J.D. Watt was assessed a five-minute charging penalty and game misconduct for colliding with the Hamilton goaltender.

METRO VANCOUVER

View Playfair's outburst at metronews.ca/local

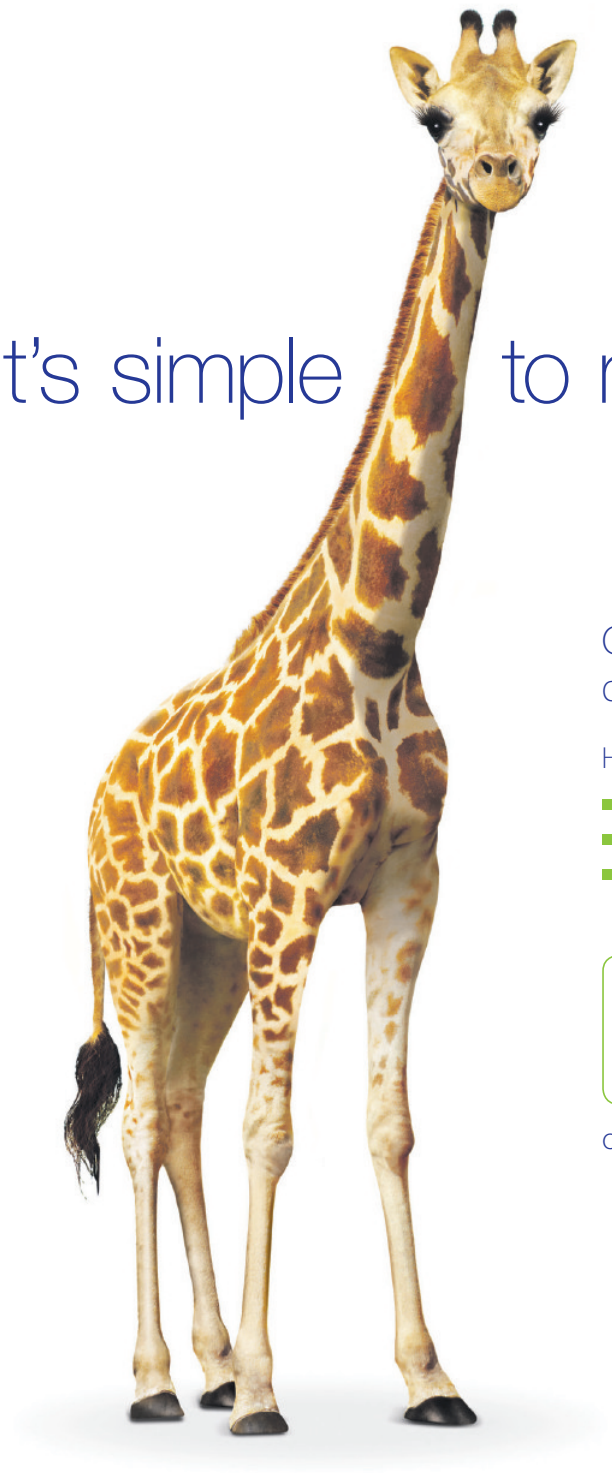
FIND MORE ONLINE
WHAT'S THIS BARCODE FOR?
Find out on the Local page.

Celebrity Buzz pg 26
Ricky officially comes out

On the web
Visit metronews.ca for news updates

Please recycle

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde



It's simple to move up to HD.

Getting HD with TELUS TV doesn't need to be a tall order.

Here's why it's easy:

- HD channels are included in every package
- Every TELUS TV® digital box is HD-ready
- Over 400 digital channels to choose from, including over 40 in HD

Get a **FREE HD PVR** rental* when you sign up.

Plus, professional installation included.

Call 310-MYTV (6988) or visit telus.com/gettv

AFP 2010 FREEMAN PHILANTHROPIC SERVICES AWARD OUTSTANDING CORPORATION

TELUS has been named the most outstanding philanthropic company in the world.

TELUS

the future is friendly®

*Offer available on a 3 year TELUS TV service agreement until June 7, 2010, to residential clients who have not subscribed within the past 90 days to TELUS TV service. TELUS Home Phone or High Speed Internet service required. HDTV input equipped television required to receive HD. © 2010 TELUS.

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE SCANLIFE APPLICATION** WITH YOUR SMARTPHONE AT **2DSCAN.COM**

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO **SCAN 2D BARCODES** IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT **M.METRONEWS.CA**

SCANLIFE

Local

Utility rates to see April rise

Utility rates are going up by a combined 9.11 per cent on April 1. An official with the B.C. Utilities Commission says interim approval has been granted to B.C. Hydro for a 6.11 per cent general increase, as well as a three-per-cent jump in the so-called rate rider. The increase will add roughly $7 per month to the average customer's bill.

THE CANADIAN PRESS

News in brief

BUSTED A 65-year-old Delta man has been arrested in the U.S. on charges of running a series of dating service scams targeting Americans. Prosecutors say Barrie Turner operated 200 websites offering dating.

AGREEMENT B.C. has signed an agreement with China to build a six-storey wood-framed building in Beijing.

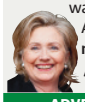
ALLEGED ASSAULT Two teens may face charges after they allegedly assaulted a Langley student at a school and threatened him with a BB gun.

METRO NEWS SERVICES

metronews.ca

What's online today.

Video Hillary Clinton walked out of an Arctic summit at **metronews.ca/canada**



ADVERTISE TODAY!
1 888 91 metro (63876)

Comic lawyer withdraws

The lawyer for a comedian facing a human rights complaint over explicit comments he made about a woman's sexuality at a Commercial Drive bar withdrew from the hearing on its first day.

James Millar said outside the B.C. Human Rights Commission hearing that wounded feelings aside, Guy Earle's expletive-laced attacks are outside the commission's jurisdiction.

"As a lawyer, I'm in a situation where I'm saying this tribunal is proceeding against the rule of law," Millar said.

He contends Earle's rants against the women were protected under Section 2(b) of the Charter of Rights and Freedoms covering freedom of expression. "Section 2(b) trumps anything in the B.C. Human Rights Code," he said.

DARRYL DYCK/THE CANADIAN PRESS

Complainant Lorna Pardy re-enters a B.C. Human Rights Commission tribunal hearing yesterday.

Extending the code's provisions on services to cover Earle's remarks could have wide implications for free expression, he said.

"This decision in terms of their jurisdiction would impact ... artistic expression of any kind."

THE CANADIAN PRESS

Scan this code or text LOC to 82442 for local news.
See the Local page to learn how to scan.

Police seek help finding groper

CRIME Vancouver police want the public's help in identifying a "person of interest" whose appearance is similar to the description of a man who groped a woman's buttocks last week.

On March 23, a woman was walking her dog along the seawall when a man approached her from behind, reached up her skirt and grabbed her buttocks.

Investigators released a surveillance tape yesterday from near the site, in the 700 block of Pacific Boulevard. It shows a young man, wearing a black hoodie and baggy blue jeans, walking toward the camera while smoking a cigarette.

Const. Lindsey Houghton said police are interested in the man because his clothing and appearance — he's five-foot-seven with a slim-to-medium build and blond hair — match the description of the suspect in the sex assault.

METRO VANCOUVER

Violence continues in Surrey

CRIME Surrey had another day of violence yesterday after a man was shot in the leg and a cab driver was stabbed in the head.

A Vancouver Island man was shot twice in the leg at a home near 76th Avenue and 146th Street at 1 a.m.

RCMP say the suspect, Robin Blanchard, and the victim knew each other.

A taxi driver was also taken to hospital after being stabbed and robbed near King George Highway and 128th Street. Those incidents follow a fatal shooting at a Surrey McDonald's.

METRO VANCOUVER

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the questions about the location of the GOLD BUNNY statue. For each of the 20 questions you correctly answer, you will receive one entry into the contest. Contest is from March 1 to April 4, 2010. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

Minister's cat adds unexpected spark to Earth Hour

B.C. Environment Minister Barry Penner's pet cat Ranger got set alight during Earth Hour on Saturday. Penner said he was enjoying a romantic candlelight dinner with his wife when Ranger brushed up against the candles and got singed. THE CANADIAN PRESS

Don't fear rate hike, experts say

RBC, TD raise mortgage rate

LAURA FORTEY
for Metro Vancouver

Despite the residential mortgage rate increase from two of Canada's largest banks, it's still a seller's market, according to a Vancouver real estate agent.

The biggest increase, affecting five-year mortgages, has raised rates six-tenths of a per cent to 5.85 per cent, up from 5.25 per cent.

"Even with the increase, interest rates are still remarkably low," said Ryan DeLuca of Sotheby's International Realty Canada.

"This is not a huge jump, so it won't affect the housing market too much," said DeLuca. "Homeowners who have fixed-rate mortgages won't be affected by the increase, which may influence potential buyers' decision to lock in to variable-rate mortgages."

The interest rate hike at RBC Royal Bank and TD Canada Trust is the banks' reaction to the rise in inflation, experts say.

DeLuca said potential buyers should not be scared by the rate hike.

"Even though it's a seller's market, you're still going to get a good deal," said DeLuca.

The Bank of Canada's key overnight rate of 0.25 per cent is expected to remain constant until this summer, a key time for the real estate market, said CIBC chief economist Avery Shenfeld.

He added that consumers should be on the lookout for a gradual rise in the fall.

Stem cell drive attracts thousands

KRISTEN THOMPSON
kristen.thompson@metronews.ca

RICHMOND An unprecedented number of people — 4,025, to be exact — signed up as donors with Canada's national stem cell and bone marrow network as part of a campaign to attract Chinese registrants.

OneMatch, a division of Canadian Blood Services, held the drive at Aberdeen Centre in Richmond in conjunction with another event in Toronto on Saturday.

Chinese blood cancer patients have a 10 per cent chance of finding a stem cell donor because only two per cent of Canadians signed up with the registry are Chinese.

"It was really historic," Sue Smith, executive director of OneMatch, said of the number of new registrants.

"The ultimate goal (was) 1,500 to 2,000, so this just blew the roof off things."

She said having a speaker representing the face of the cause, like Ryan Chu — whose story ran in Metro Vancouver on March 25 — also helped.

"It is our hope that this particular drive becomes an annual one," Smith said.

"Get a swab kit in the mail and ... this will truly make a difference."

PHOTO COURTESY OF ONEMATCH

People line up at Richmond's Aberdeen Centre on Saturday for OneMatch's stem cell drive.

Online

- For more information, visit www.onematch.ca.

Tax tantrum causes more than $10K in damages

OFFICE Apparently unhappy over a past tax return, a man entered an H&R Block on Commercial Drive and allegedly began screaming at staff and tossing computers — at one point he even tried smashing the company's sign through the office's plate-glass window.

Vancouver police Const. Lindsey Houghton said no one was injured, but damages to the office were estimated at more than $10,000.

"Income tax time can be stressful to some people," said Houghton.

The 52-year-old Vancouver man was apparently unhappy over an error he had found in a past return that was filed at a different tax preparation office.

He entered the office, located in the 2000 block of Commercial Drive, around 1 p.m. Sunday and confronted staff.

It's alleged that, at one point, he flew into a rage and began throwing furniture and ripping computers and monitors from desks.

METRO VANCOUVER

Grits to introduce HST legislation

TAX The B.C. government will use its 14-seat majority in the legislature to ensure its controversial harmonized sales tax legislation takes effect on July 1, says Finance Minister Colin Hansen.

He said yesterday that a new law to bring in the HST will be introduced this week.

But the Opposition New Democrats and grassroots organizations, including one led by former premier Bill Vander Zalm, are vowing to fight the proposed tax legislation.

Vander Zalm is leading a campaign to repeal the HST by attempting to collect the signatures of one-tenth of registered B.C. voters in every riding, within 90 days, starting next month.

THE CANADIAN PRESS

News in brief

LABOUR A tentative contract between the provincial government and the 27,000-strong B.C. Government and Service Employees' Union means the province has now reached contracts with half of its workforce.

METRO NEWS SERVICES

FLIGHT CENTRE® Unbeatable

Airfares

Los Angeles from $160 + taxes & fees $100

Toronto	one-way from $169 + taxes & fees $53
Puerto Vallarta	from $199 + taxes & fees $262
London	from $299 + taxes & fees $473
Honolulu	from $308 + taxes & fees $101
Miami	from $319 + taxes & fees $111
Frankfurt	from $349 + taxes & fees $325
New York	from $438 + taxes & fees $119
Paris	from $475 + taxes & fees $396
Lima	from $699 + taxes & fees $225
Sydney	from $749 + taxes & fees $349
Bangkok	from $849 + taxes & fees $324

All-inclusive Vacations

Cancun 7 Nights 4-Star from $697 + taxes & fees $272

Puerto Vallarta 7 Nights 3.5-Star from $498 + taxes & fees $272
UPGRADE to 4-star accom from $14 per night.

Manzanillo 7 Nights 4.5-Star from $698 + taxes & fees $263

Huatulco 7 Nights 4.5-Star from $767 + taxes & fees $272

Mayan Riviera 7 Nights 4-Star from $797 + taxes & fees $272

Hawai'i Vacations

Honolulu Air + 7 Nights from $599 + taxes & fees $101
INCLUDES Waikiki accom.

Maui Family Special Air + 7 Nights from $599◊ + taxes & fees $126
INCLUDES condominium style accom in Kihei.

Vacations

Orlando Harry Potter Wizarding World Air + 7 Nights + Passes from $599◊ + taxes & fees $113
INCLUDES 3-day admission to Universal Studios including the new *Wizarding World of Harry Potter*. BONUS free shuttle to *Universal Studios*, *Walt Disney World®* Theme Parks and Sea World.

Las Vegas Air + 4 Nights from $229 + taxes & fees $97
INCLUDES accom on the Strip. UPGRADE to 4-star accom from $20 per night.

Anaheim Family Special Air + 7 Nights from $369◊ + taxes & fees $99
INCLUDES accom near the *Disneyland* Resort. ADD 4-day *Disneyland* Resort *Park Hopper* Bonus Tickets from $169 per child.

Palm Springs Air + 4 Nights from $469 + taxes & fees $134
INCLUDES central accom.

Montreal Air + 3 Nights 4-Star from $549 + taxes & fees $169
INCLUDES central accom located in vibrant downtown, just steps away from Old Montreal.

Toronto Air + 4 Nights 4-Star from $599 + taxes & fees $117
INCLUDES central accom located in the heart of Toronto.

Europe Vacations

London Air + 6 Nights from $799 + taxes & fees $473
INCLUDES central accom and breakfast.

Glasgow Air + 6 Nights from $1029 + taxes & fees $476
INCLUDES transfers, central accom near Charing Cross rail station and breakfast.

Paris Air + 7 Nights + Activity from $1029 + taxes & fees $421
INCLUDES transfers and studio accom with full kitchenette. BONUS one-hour cruise on the Seine River included.

Ireland 8-Day Tour was ~~$1699~~ now $1649 taxes & fees included
HIGHLIGHTS Galway, Limerick, Killarney, Ring of Kerry, Cork, Waterford, and Vale of Avoca. Roundtrip Dublin.

Event Vacation

Calgary Stampede Air + 3 Nights + Activities from $849 + taxes & fees $96
INCLUDES air to Calgary, 3 nights central accom, tickets to the Rodeo, Chuck wagon races, Grandstand Show and sky-ride, souvenir programs and Stampede souvenir golf shirt.

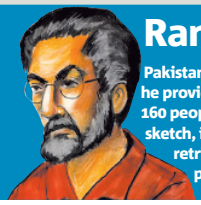
LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

1 866 502 3887 | TEXT Join our Mobile Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Vancouver. USA and international air only prices are per person for return travel unless otherwise stated. Domestic air only prices are per person for one-way travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. ◊Family Special is based on 2 adults and 2 children (ages 2-17) traveling together. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #HO2790

Newfoundland dips into deficit
Newfoundland and Labrador will dip into deficit for a second straight year with a budget that promises big spending on children and health care as it racks up debt. THE CANADIAN PRESS

Canada



Rana pleads not guilty to U.S. charges

Pakistani-Canadian terror suspect Tahawwur Hussain Rana has pleaded not guilty to U.S. charges he provided material support to terrorists for the 2008 Mumbai terror attack that killed more than 160 people, during a pre-trial court appearance yesterday in Chicago. Rana, seen in this courtroom sketch, is being prosecuted on multiple terrorism-related charges for allegedly planning a violent retribution against the workers of Jyllands-Posten, the Danish newspaper that controversially published cartoons of the Prophet Mohammed in 2005. THE CANADIAN PRESS

Clinton calls for an Afghan extension

Hillary Clinton dropped a political hot potato into the Harper government's lap yesterday, calling on Canada to extend its military mission in Afghanistan.

The controversial "ask" from the U.S. secretary of state, which had been widely anticipated, came on the eve of the Canadian-hosted G8 foreign ministers meeting.

"We would obviously like to see some form of support continue, because the Canadian Forces have a great reputation," Clinton told CTV News yesterday.

She said the post-2011 mission could be different from the current combat role in Kandahar Province, the spiritual heartland of the Taliban.

Debate?

- Though many Canadians have no appetite for further military involvement in Afghanistan, Clinton's comments will be sure to spark debate.

"The military could slip more into a training role than into a combat role," she said.

The Conservative government has repeatedly insisted that all Canadian troops will be withdrawn as scheduled in July 2011 — a position echoed by Foreign Affairs Minister Lawrence Cannon just last week.

But there was never an outright request from the Americans. The Harper government now has to decide whether to turn down its closest ally or renege on its pledge. Cannon was expected to address the issue at a press conference yesterday evening.

Clinton's request came a day after U.S. President Barack Obama made a surprise visit to Afghanistan and chided President Hamid Karzai over the long-standing concerns of corruption in his fragile, Western-backed government. The G8 ministers, are meeting to talk about security.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

U.S. Secretary of State Hillary Clinton at the Arctic Ocean Foreign Ministers' Meeting yesterday in Chelsea, Quebec. She left the summit after criticizing Canada for not inviting all those with legitimate interests in the region, and told CTV News continued support in Afghanistan would be welcome.

Try foreign torturers, court hears

LAW Canada should allow lawsuits against foreign officials accused of torture by people living in the country, an Ontario court heard yesterday.

Amnesty International and the Canadian Centre for International Justice argued there should be no immunity for those accused of torture, war crimes, genocide or crimes against humanity.

THE CANADIAN PRESS

Scan this code or text CANADA to 82442 for more news.
See the Local page to learn how to scan.

Look inside today's metro for the icons below and enter for your chance to WIN.

Gas Stations
Grocery Stores
Drug Stores
Recurring Bill Payments

metronews.ca/momentum

YOU COULD WIN♦ $10,000 cash and one of 5 weekly cash prizes of $2,000.

Courtesy of *Scotia Momentum®* VISA* Card†

You're richer than you think.®

Scotiabank®

♦No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes April 26, 2010 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.
† You will earn 2% cash back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases.
* Visa Int./Lic. user The Bank of Nova Scotia. ®Registered trademarks of The Bank of Nova Scotia.

Dogs spook sheep, send them running to their demise
Police say 67 sheep died when a pair of dogs attacked them and sent them fleeing into the path of a freight train in southwestern Germany. THE ASSOCIATED PRESS

World

Imelda Marcos among candidates

Former Philippine first lady Imelda Marcos, left, has begun a grueling campaign for a congressional seat she hopes will allow her to bury her ousted strongman husband in a heroes' cemetery and clear his sullied name. Marcos, 80, and nearly 18,000 other politicians barnstormed the impoverished Southeast Asian nation on the first official day of campaigning for May 10 local elections. THE ASSOCIATED PRESS

UN condemns Moscow attack

UNITED NATIONS The UN Security Council yesterday strongly condemned the terrorist attacks on Moscow's subway as "an unjustifiable crime." The UN's most powerful body approved a statement hours after yesterday morning's twin suicide bombings that killed at least 38 people and wounding more than 60 calling terrorism "one of the major threats against international peace and security."

Chechen militants are suspected in the bombings, carried out by two female suicide bombers.

The council expressed determination "to fight against all forms of terrorism," stressing that "any terrorist attack is an unjustifiable crime whatever the motives, the time, the place or the authors."

THE ASSOCIATED PRESS

U.S. militia members charged in attack plot

Nine alleged members of a Christian militia group that was girding for battle with the Antichrist were charged yesterday with plotting to kill a police officer and slaughter scores more by bombing the funeral — all in hopes of touching off an uprising against the U.S. government.

Seven men and one woman believed to be part of the Michigan-based Hutaree were arrested over the weekend in raids in Michigan, Indiana and Ohio, and another was still being sought.

FBI agents moved quickly against the group because its members were planning an attack sometime in April, prosecutors said.

Authorities seized guns in the raids but would not say whether they found any explosives. The arrests have dealt "a severe blow to a dangerous organization that today stands accused of conspiring to levy war against the United States," Attorney General Eric Holder said. Authorities said the arrests underscored the dangers of homegrown right-wing extremism of the sort seen in the 1995 Oklahoma City bombing that killed 168 people.

In an indictment unsealed yesterday, prosecutors said the group began military-style training in the Michigan woods in 2008, learning how to shoot guns and make and set off bombs. David Brian Stone, 44, and one of his sons were identified as the ringleaders of the group. Stone, who was known as "Captain Hutaree," organized the group in paramilitary fashion and members were assigned secret names, prosecutors said.

THE ASSOCIATED PRESS

After health-care reform victory, emboldened Obama standing tall abroad

Scan code or text OBAMA to 82442 for more.
Learn how to scan on the Local page.

Somalia **Protesting extremists**

FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

Somali demonstrators hold placards reading "Fight Those who dug our Clerics' graves" as they march in Mogadishu, Somalia, yesterday. Hundreds of women and children took to the streets in the government-controlled southern part of the capital to protest the actions of al-Qaida-linked groups in their country.

News in brief

CHINA Rescuers pumped water from a flooded mine yesterday in northern China where time is running out for 153 trapped workers as efforts stretched into a second day with no communication from those stuck deep underground.

THE ASSOCIATED PRESS

Teens charged in bullying, rape

MASSACHUSETTS Nine teens have been charged in the "unrelenting" bullying of a teenage girl from Ireland who killed herself after being raped and enduring months of torment by classmates in person and online, a prosecutor said yesterday. District Attorney Elizabeth Scheibel said 15-year-old Phoebe Prince was stalked and harassed nearly constantly from September until she killed herself Jan. 14. The freshman had recently moved to western Massachusetts from Ireland. Six teens — four girls and two boys — face charges including statutory rape, assault, violation of civil rights resulting in injury, criminal harassment, disturbance of a school assembly and stalking. Three younger girls face delinquency charges.

THE ASSOCIATED PRESS

VCAD | VANCOUVER COLLEGE OF ART AND DESIGN
GRAPHIC DESIGN
PASSIONATE MINDS UNITE AT VCAD
- Innovative curriculum maintained through feedback from industry leaders
- Programs are $10,000 to $25,000 less than other schools in Vancouver
- Less time is spent on filler courses
- More time to work on portfolios
- Cut down on tuition - transfer credits are accepted
- Classes Starting Soon - Seating limited

INSPIRING MINDS SINCE 1973
CALL TODAY 1.800.360.6157 van.vcad.ca

G4S
G4S Security Services (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST 1 & 2
Operations Department
fax 604-683-0621

Visit metronews.ca to watch metrotube of the day

U WORK U DRIVE
YES YOU CAN OWN A VEHICLE!
• BUY HERE • PAY HERE
- No Credit
- Bad Credit
- Divorce
- Repossession
- Bankruptcy
- Separated
- Slow Payer
- High Debt Service
- First Time Buyer
- Refused by Bank

YOU'RE APPROVED
GUARANTEED IN HOUSE FINANCING
ALWAYSAPPROVED.CA
JOHN 604-723-7063
www.alwaysapproved.ca
D5489

If you're reading this, it means the world didn't blow up
The $10-billion Large Hadron Collider, the world's largest atom smasher, is ready to start a new era of science, scientists say. THE ASSOCIATED PRESS

KAY LIY WILLENS/THE ASSOCIATED PRESS

French President Nicolas Sarkozy and his wife, Carla Bruni-Sarkozy, made quite a splash during a trip to New York City yesterday. Sarkozy was there to deliver a speech at Columbia University.

French first couple takes a bite out of Big Apple

With a podium flown in from France and his fingers firmly entwined with those of his smiling wife, French President Nicolas Sarkozy made a splash yesterday even before he opened his mouth for a no-holds-barred speech at Columbia University.

Amid tabloid reports of strains in their marriage, Sarkozy and ex-supermodel Carla Bruni-Sarkozy made every effort to appear the happy couple, walking closely together and clasping hands as they mounted a staircase into an auditorium packed with students, faculty and other spectators.

The French first lady, elegant in a swept-up chignon and form-fitting black top with a grey skirt, at times threatened to upstage her husband, who scolded his American hosts about health care and for not paying enough attention to the rest of the world.

French websites immediately picked up on the message. "Carla Bruni et Nicolas Sarkozy amoureux a New York" read a headline on the online site of entertainment magazine Voici, which mentioned the "electric atmosphere" of the Big Apple and its effects on the French presidential couple.

Sarkozy is in hot water at home. His poll ratings are at record lows of around 30 per cent and there are widening cracks in his conservative party. In New York, though, he basked in the rapt attention of hundreds of Columbia students.

THE ASSOCIATED PRESS

Murder suspect, 12, faces adult charges

PENNSYLVANIA A boy who was 11 when he was accused of killing his father's pregnant fiancee with a shotgun blast to the back of her head as she lay in bed will be tried as an adult in the death of both the woman and the fetus, a judge ruled Monday.

Jordan Brown, now 12, is charged with criminal homicide in the death of 26-year-old Kenzie Marie Houk in their farmhouse in western Pennsylvania, on Feb. 20, 2009.

Houk was eight-and-a-half months pregnant; the male fetus died from a resulting lack of oxygen.

"This offence was an execution-style killing of a defenceless pregnant young mother. A more horrific crime is difficult to imagine," Lawrence County Judge Dominick Motto wrote in his opinion refusing to move the case to juvenile court.

The boy could be convicted of anything from involuntary manslaughter to first-degree murder under Pennsylvania's homicide law. Prosecutors have said they will seek a conviction on first-degree murder charges, for which he could face up to life in prison if convicted.

"A more horrific crime is difficult to imagine."
Dominick Motto, Judge

Prosecutors have suggested the boy was jealous of Houk and her unborn son.

Police had said Brown hid the weapon under a blanket so Houk's seven-year-old daughter wouldn't see it as he entered her mother's room.

THE ASSOCIATED PRESS

News in brief

PALIN Former vice-presidential candidate Sarah Palin had some harsh words for her detractors in the health care debate with a thinly veiled, March Madness-themed Facebook post in which she declared, "never retreat, instead RELOAD!"

ACCIDENT? A federal appeals court has ruled that a Pennsylvania woman charged in her husband's death during a hunting trip should be extradited to Canada to stand trial. Mary Beth Harshbarger maintains she thought she was shooting a bear when she fired the shot that killed her husband, Mark, during a 2006 hunting trip. Canadian officials have charged the woman with criminal negligence causing death for the shooting.

SEX CRIMES The European Union wants governments to impose harsher penalties on human traffickers and child pornography offenders. The European Commission's proposals, presented Monday, call on the organization's 27 nations to adopt minimum jail sentences for people convicted of sexual exploitation.

THE ASSOCIATED PRESS

The Comwave Guarantee

If you EVER Find a Lower Rate Call Us and we'll Beat it... GUARANTEED!

Make Long Distance and Overseas Calls From Your CELL PHONE!

(at our GUARANTEED LOWEST RATES!)

CUBA 89.9 c/min
INDIA 2.9 c/min
PAKISTAN 5.9 c/min
PHILIPPINES 11.9 c/min

Afghanistan..24.9 ¢
Bangladesh from 3.9 ¢
Barbados..... 9.9 ¢
Chile..... 2.9 ¢
China..... 2.9 ¢
Ecuador.....12.9 ¢
El Salvador. ..... 9.9 ¢
Jamaica..... 8.9 ¢
Jordan.....3.9 ¢
Kenya from .6.9 ¢
Kuwait.....6.9 ¢
Lebanon ..... 9.9 ¢
Libya.....24.9 ¢
Nepal.....from 7.9 ¢
Oman..... 14.9 ¢
Fiji..... 24.9 ¢
Ghana.....9.9 ¢
Greece.....2.9 ¢
Guatemala.... 10.9 ¢
Guyana.....27.9 ¢
Honduras.....15.9 ¢
Iraq.....from 4.9 ¢
Israel.....2.9 ¢
Italy.....2.9 ¢
Russia.....from 2.9 ¢
Saudi Arabia from 3.9 ¢
South Korea.. 2.9 ¢
Sri Lanka.....11.9 ¢
Trinidad..... 4.9 ¢
U.A.E.....16.9 ¢

If the Country you call is not listed, call now and we'll beat the rate you are currently paying.

UNLIMITED INDIA
(From Your Home or EVEN from your CELL PHONE)
$29.95 /month

UNLIMITED CANADA
(From Your Home or EVEN from your CELL PHONE)
$5 /month

comwave
1-866-380-6055
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of $10/month for 335 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors lowest advertised rate for like services. Unlimited India $29.95 per month is based on a 1 year term where early cancellation fees apply (Monthly plan only $5 more at $34.95). There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T.

VANCOUVER
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Tories seeking Grit knockout blow

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Stephen Harper's chutzpah. There's nothing like it. Remember his election-finance manoeuvre of some time ago, the one that stank the joint out, almost toppling his government?

It's back. The Conservatives have confirmed that the measure, which would eliminate the per-vote subsidy that political parties receive, will be part of their next election platform.

It's not such a dangerous time to reintroduce the plan. Still, one would think the prime minister wouldn't want anyone, including members of his own party, to be reminded of it.

But he faces no challenge within the Conservative party. In popularity, he is running behind his party. According to the latest poll, his job approval rating is only 29 per cent. The party stands at 35 per cent. But there is no heir apparent, so this doesn't matter.

What matters is Harper's determination to cripple the Liberals. He sees cancelling public funding, which was included in his budget update package in November 2008, as one of the principal ways. Take away the subsidy and it gives his Tories a big advantage because they are much better at fundraising. For example, in 2009, according to Elections Canada, the Conservatives raised almost $18 million, the Liberals just more than $10 million. They were followed by the NDP with $4 million, the Greens with $1 million, and the Bloc with $834,000.

Money is key, not just at election time. Deep pockets allowed the Conservatives, among other things, to run effective attack ads against Stéphane Dion and Michael Ignatieff. The Grits didn't have enough swag to respond in kind. Last fall, when they finally did have cash in the till, they ran ads featuring Ignatieff standing in front of a forest, mouthing platitudes.

The Tories don't have to worry that the opposition parties will rush to form a coalition to block the funding measure this time. The Governor General wouldn't turn power over to a coalition at this stage. There would have to be an election, one Harper would probably win.

Putting the funding measure in the campaign platform is the smart way to go about achieving the change. This way, the Tories can slip it in under the radar. It won't be a major campaign issue and if it does come up, they can argue that in difficult economic times, the public should not be funding political parties.

Opposition parties argue that a return to private financing of parties opens the doors to all kinds of abuses, some of which are seen in the U.S. system. But it's doubtful they would be complaining if they knew how to raise money like Harper and company.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Boomer onslaught threatens health care

InBusiness
Charles Davies

metronews.ca/inbusiness

For decades, baby boomers have had a profound impact on just about every aspect of society, from art and popular culture to politics and economics.

Now, the demographic bulge that makes up close to one-third of Canada's population is getting old, and it's about to train the full force of its neediness on one of our most treasured institutions — the health-care system. The question is: Will the effect be merely great, or will this increasingly decrepit horde cause the collapse of health care, producing a tsunami across the economy?

The answer is buried in the contradictory nature of the boomers themselves. They simultaneously defy traditional notions of aging, yet feel completely entitled to impose extraordinary demands on the health-care system.

At the onset of senior citizenship, they're far perkier than their parents' generation at the same age. They're generally more active, they're working longer, they're embracing wellness in all its forms, and they can look forward to a steadily expanding life expectancy. Yet the numerically greatest generation of all aggressively consumes prescription drugs, medical tests, surgical procedures and all kinds of ancillary care.

The stakes in the boomer health-care onslaught are extremely high. This year, as the first of the boomers turn 65, Ontario will spend more than 46 cents of every dollar it takes in to fund health care. At the current annual rate of growth, the province will spend 50 cents on the dollar on health care by 2014, and about 66 cents by 2030, when the youngest boomers will hit retirement age.

Ontario isn't alone. Every province faces the prospect that health-care costs will spiral out of control, undermining other priorities, like educating people and helping to grow the economy.

Obviously much needs to be done to better manage the health-care system, to make it more efficient and effective for each dollar spent. But much depends on baby boomers' attitudes and behaviour. Granted, killers like cancer and heart disease are threats, so are obesity and age-related diseases like diabetes and high blood pressure.

To the extent that boomers stay active, follow balanced diets and avoid bad habits, the risks will be mitigated. The same goes for proactive screening to detect conditions before they become serious. Senior boomers who lead healthy lifestyles won't just be helping themselves; they'll be helping all of us. Let's hope they eat their spinach.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

Your Ultimate partner in technology
Custom Installations & Sales
Home Theatre • Lighting
Security Cameras & Alarms
Full range of Electronic Equip.
ULTIMATE CUSTOM U.C.I. INSTALLATIONS
ultimateinstalls.ca • 604.940.2876
Credit Cards and Debit accepted.

BEAR CREEK PARK ADVENTURE TRAIN & MINI-GOLF
Children's Easter Fair & Train Ride
Friday, April 2 to Monday, April 5 - 10am to 5pm
Ride the train and meet the Easter Bunny!
Treats, Crafts, Face-Painting and more!
Kids $6, Adults $4.50, Kids under 2 & Seniors $3.50, Babies FREE
www.bctrains.com • 604-501-1232
13750 88th Avenue (at King George Hwy), Surrey

Real Estate Legal Services
We can help! Call today!
604-682-8829
Gateway Law Corporation
Kevin Lee, B.Comm (UBC), M.B.A. (York U), LL.B. & PCLL (HKU), NCA (UOttawa)

Canwest gets extention
Canwest Global Communications Corp. says the Ontario Superior Court of Justice has extended the media company's creditor protection from bankruptcy until June 15. Canwest filed for protection from bankruptcy last fall after amassing $4 billion in debts and getting squeezed by the recession-induced slump in advertising revenues. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 97.97¢	US $3.898	US $82.17	12,029.72
US .57¢	US 2.6¢	US $2.17	72.35

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Strategy a mistake: TD

Economists and business leaders are warning the federal Liberals that they are about to repeat Stephen Harper's mistake in proposing to scrap billions of dollars in scheduled corporate tax cuts.

The federal Conservatives' two-point cut of the GST made for good politics but bad economics, economists have long complained.

Now they say Liberal Leader Michael Ignatieff is also attempting to take the easy political route in trying to raise an estimated $6 billion in additional revenue, buying future votes at the expense of the long-term health of the economy.

Don Drummond

On Sunday, Ignatieff said a Liberal government would freeze the corporate tax rate at 18 per cent, indefinitely deferring a planned cut to 15 per cent until it's affordable.

But TD Bank chief economist Don Drummond said yesterday there is almost universal agreement among experts that the most destructive taxes are those on corporations and the least are sales taxes.

In 2006, the Tories cut the GST rather than what economists say would have been preferable — reducing income levies, particularly on lower-earning Canadians.

The moves proposed by Ignatieff would take billions of dollars from a corporate sector that is just emerging from a deep recession and needs the money to invest and modernize, economists said.

Canadian Chamber of Commerce president Perrin Beatty said the federal Liberals sprang the proposal without consulting with the business community beforehand.

"It was a surprise and an unpleasant one," he said. "We will be following up with them to express our deep concern about this."

It is furthermore unclear whether Ottawa would gain as much as the Liberals believe, said Toronto-area economic consultant Dale Orr.

THE CANADIAN PRESS

2% cash back on recurring bill payments†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think®. Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †For conditions: scotiabank.com/momentum

Mortgage rates rise

BANKING Two of Canada's biggest banks are increasing some of their residential mortgage rates effective today, in the latest sign that the era of historically low rates could soon come to an end.

The changes affect closed mortgages with terms of three, four and five years at RBC Royal Bank and TD Canada Trust. Rates for mid-term mortgages like these tend to reflect the banks' borrowing costs on bond markets.

The biggest increase announced yesterday affects five-year mortgages. Both banks are hiking their posted rate by six-tenths of a per cent to 5.85 per cent from 5.25 per cent.

A homeowner taking on a mortgage of $250,000 at the new rate of 5.85 per cent over a 25-year amortization period would pay $1,577 per month. Prior to today's hike, that mortgage would have cost $1,489 a month, or $88 less. THE CANADIAN PRESS

Rio Tinto fires four

LEGAL Unexpectedly harsh jail sentences of seven to 14 years for four Rio Tinto employees charged with taking bribes and stealing commercial secrets could augur tougher times for foreign companies and errant executives in China's unruly business world.

Seeking to protect its business ties from what it termed the men's "deplorable behaviour," the mining giant promptly fired all four. The court's rulings against Australian citizen Stern Hu — sentenced to 10 years — and three Chinese co-workers suggest authorities are taking a sterner stance toward foreign companies.

THE ASSOCIATED PRESS

Self-employment increases

ECONOMY A new study says self-employment rose substantially during the recent economic downturn, while paid employment declined.

Statistics Canada says layoffs among paid workers might account for some of the increase in self-employment, but not all of it.

The agency reports self-employment increased by more than 100,000, or 4.3 per cent, between October 2008 and October 2009.

Meanwhile, paid employment fell by 480,000, or 3.3 per cent.

StatsCan says 28 per cent of recently laid-off paid employees came from manufacturing industries while many of the newly self-employed were in services. THE CANADIAN PRESS

How will the Kindle fare against the iPad, its first big threat?

Scan code or text LOONIE to 82442 for more.

Learn how to scan on the Local page.

Cars Hybrid agreement

AP PHOTO/SHIZUO KAMBAYASHI

Toyota Motor Corp. Vice President Takeshi Uchiyamada, left, and Mazda Motor Corp. Vice President Masaharu Yamaki during a joint press conference yesterday in Tokyo, Japan. The two announced that Toyota will provide its key gas-electric hybrid technology to Mazda under a licensing agreement.

Your Money

Claiming home reno tax credit

AlisonOnMoney

Alison Griffiths
metronews.ca/alisononmoney

As the April 30 federal tax deadline draws near the hunt for deductions intensifies. One sweet gimme from Ottawa is the 2009 Home Renovation Tax Credit.

In order to be eligible for the credit, materials must have been paid for and work completed by the deadline. If a job straddled the deadline, whatever you paid up to Feb. 1 is claimable. However, if you have been billed by a contractor before the deadline but didn't pay until after you can still claim the amount. But deposits on work not yet begun or product not acquired, i.e. in your hands doesn't count.

Renovations to income property, whether it is a separate premises or part of the one you live in, won't qualify. Also, work can't have been done by a relative.

If your spending didn't hit the $15,000 mark to claim the maximum grant here are a few things you might be overlooking. Permits, equipment rental, air conditioning and even in-ground swimming pools all qualify. Some window treatments are eligible if they are considered permanent fixtures.

And don't forget materials for DIY jobs from lumber and tile to paint and nails. But if you bought tools in order to install your own toilet they, unfortunately, don't have the HRTC green light.

I expect the HRTC is going to be high on the CRA's radar. Make sure you have official proof of payment. For information go to cra-arc.gc.ca and search HRTC.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Preventing ID theft

HEATHER BUCHAN
For Metro Canada

Identity theft costs the Canadian economy $2.5-billion a year, according to the Canadian Council of Better Business Bureaus. It is essentially the unauthorized possession, trafficking, or use of someone else's personal information.

Fraud Prevention

Fraudsters steal people's personal information in order to access bank accounts, transfer bank balances into their own accounts, apply for loans or credit cards under someone else's name, make purchases on someone else's card, receive government benefits under someone else's name and obtain passports under someone else's name.

If any of this happens to you, you'll be left with bills, charges, bad cheques and taxes that you must prove aren't yours. Identity thieves want following information: Your name, date of birth, Social Insurance Number, full address, mother's maiden name, and your signature as well as your driver's license number, PIN, credit card info (expiry dates and last three digits), passport number, and bank account numbers.

For more information on your privacy rights, call the Office of the Privacy Commissioner of Canada at 1-800-282-1376.

Heat forward apologizes for racy photos

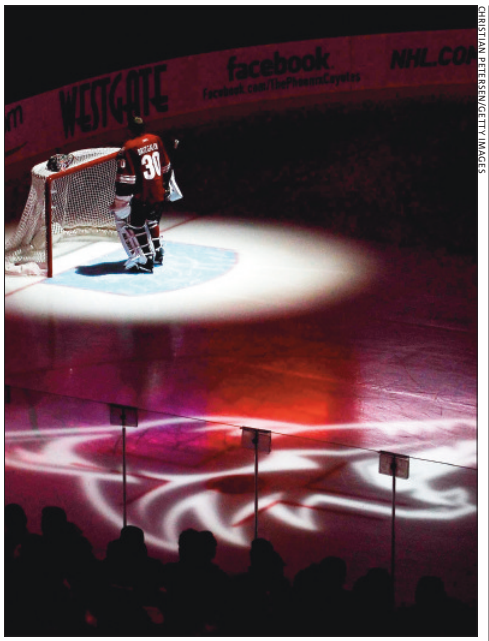
Miami Heat forward Dorell Wright says he is "embarrassed" that explicit photos of himself have been posted on the Internet. Though the team, Wright issued an apology yesterday, saying the matter "is something I truly regret." THE ASSOCIATED PRESS

Sports

Roethlisberger skips workouts

Steelers quarterback Ben Roethlisberger, left, accused of assaulting a female college student in Georgia, did not report to the team's off-season workouts. Team spokesman Dave Lockett said Roethlisberger will not work out with his teammates this week. The team apparently believes it would be a distraction for Roethlisberger to be working out at this time. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA



CHRISTIAN PETERSEN/GETTY IMAGES

Goaltender Ilya Bryzgalov of the Phoenix Coyotes is introduced before a game at Jobing.com Arena earlier this month.

Jets coming home? NHL denies report

Billionaire linked to Coyotes

The NHL says it has no agreement to move the Phoenix Coyotes to Winnipeg or anywhere else if owners cannot be found to keep the team in Arizona.

Deputy commissioner Bill Daly says that the league's focus remains on keeping the team in Glendale and "based on the communications and information" the NHL is receiving, those involved continue to be highly confident that the transaction can be completed.

Daly issued the statement yesterday in response to a report in the Phoenix Business Journal that Toronto billionaire David Thomson has an agreement in principle to potentially move the franchise back to Winnipeg if a buyer to keep the team in Arizona can't be found.

The league has been in talks with Thomson and Mark Chipman, who heads the company that owns the MTS Centre in Winnipeg, Daly acknowledged, "regarding their potential interest in owning an NHL franchise and potentially bringing an NHL franchise back to Winnipeg."

"It remains an intriguing possibility and one we would consider given appropriate circumstances, but there is nothing new to report on that front at this time," Daly said.

The Winnipeg Jets moved to Arizona and became the Phoenix Coyotes in 1996, and the team has never turned a profit in the desert.

The NHL bought the Coyotes in U.S. Bankruptcy Court last year after an attempt by Canadian billionaire Jim Balsillie to buy the team and force a move to Hamilton was rejected. The league has said it would look into moving the team if no local owner is found by June. Any sale that would keep the team in Arizona would require a new lease agreement with the city of Glendale.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Buffalo 3 Boston 2
Carolina 4 Atlanta 1
Nashville 3 Florida 2 (OT)
Minnesota 3 Los Angeles 2
Anaheim 3 Dallas 1

OVERALL STANDINGS

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
z-Washington	75	49	15	11	292	214	109
dx-Pittsburgh	76	44	25	7	237	217	95
dx-Buffalo	75	42	23	10	215	189	94
x-New Jersey	75	44	26	5	203	183	93
Ottawa	76	41	30	5	205	216	87
Montreal	76	37	31	8	204	208	82
Philadelphia	76	38	32	6	221	210	82
Boston	75	34	29	12	190	189	80
Atlanta	76	33	31	12	224	240	78
N.Y. Rangers	75	33	32	10	197	203	76
Carolina	76	32	35	9	210	236	73
N.Y. Islanders	75	31	34	10	196	232	72
Tampa Bay	75	30	33	12	197	237	72
Florida	75	30	33	12	195	220	72
Toronto	76	28	35	13	202	250	69

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
dx-San Jose	76	47	19	10	247	198	104
dx-Chicago	74	46	21	7	241	191	99
d-VANCOUVER	**75**	**45**	**26**	**4**	**244**	**195**	**94**
x-Phoenix	76	47	23	6	210	187	100
Nashville	77	44	27	6	214	212	94
Detroit	75	39	23	13	207	197	91
Los Angeles	75	42	27	6	218	202	90
Colorado	75	41	27	7	225	207	89
Calgary	76	38	29	9	194	193	85
St. Louis	75	36	30	9	203	205	81
Anaheim	75	36	31	8	211	227	80
Minnesota	76	37	33	6	208	226	80
Dallas	76	33	29	14	216	238	80
Columbus	76	31	32	13	204	243	75
Edmonton	75	24	44	7	190	255	55

x - clinched playoff berth; z - clinched conference; d - division leaders ranked 1-2-3 regardless of points

NBA

YESTERDAY'S RESULTS

Toronto 103 Charlotte 101
Dallas 109 Denver 93
New Jersey 90 San Antonio 84
New Orleans 108 L.A. Lakers 100
Utah 103 New York 98

2% cash back at eligible gas stations‡.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.® Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. ‡For conditions: scotiabank.com/momentum

Sports in brief

SOCCER Carlos Tevez's 13-minute hat trick gave Manchester City a 3-0 victory over 10-man Wigan yesterday to stay within two points of the final Champions League place. Liverpool had beaten Sunderland 3-0 Sunday to move to fifth but City reclaimed the position and is two points behind fourth-place Tottenham.

NBA The chief executive of the New Jersey Nets will have lunch with a fan who recently wore a brown bag over his head to protest the team's woeful season. Nets CEO Brett Yormark and Chris Lisi of Middletown, N.J., will sit down for lunch today at the Nets' headquarters.

NASCAR Denny Hamlin surged to the front after a blunder and won the rain-delayed NASCAR race at Martinsville Speedway in a wild finish. The victory was Hamlin's second straight on the shortest, oldest track in the Sprint Cup Series.

BASKETBALL Centre Cole Aldrich, who helped lead Kansas to its sixth straight Big 12 title, is headed for the NBA. The six-foot-11 junior made the announcement in a news conference yesterday. Aldrich averaged 11.3 points and 9.8 rebounds for the Jayhawks, who were the overall No. 1 seed in the NCAA tournament before they were upset by Northern Iowa.

SOCCER Arsenal says captain Cesc Fabregas could still play against Barcelona tomorrow in the Champions League quarter-finals after receiving treatment for bruising on his knee and leg. Arsenal said the Spain midfielder is "fighting to be fit" after being injured in Saturday's 1-1 draw at Birmingham.

BASEBALL Washington Nationals general manager Mike Rizzo said right-hander Stephen Strasburg will make his minor-league debut for double-A Harrisburg against Altoona April 11. Strasburg was optioned to Harrisburg March 20 after going 1-0 with a 2.00 ERA in nine exhibition innings.

METRO NEWS SERVICES

Raptors record crucial victory

NBA Their post-season hopes suddenly in jeopardy, and with their $53 million US shooter now an unwanted distraction, the Toronto Raptors came to Charlotte angry and on the edge of implosion.

The Bobcats' meek, nervous response showed a playoff race is still new to them.

Chris Bosh had 22 points and 11 rebounds, Hedo Turkoglu hit the go-ahead three-pointer a day after getting benched, and the Raptors beat the Bobcats 103-101 last night in a matchup of two of the five clubs jockeying for the final four playoff spots in the Eastern Conference.

"We needed this game," said Turkoglu, who came off the bench to score 11 points. "Chicago is right on our tail."

The Raptors (36-37) entered having lost three straight and 13 of 17, but they managed to snap Charlotte's three-game winning streak to stay in eighth place in the East, a game ahead of the idle Bulls with nine games left.

The Bobcats (38-35) stayed in seventh in the East, but surrendered the tiebreaker to Toronto and saw their lead over ninth-place Chicago fall to three games.

Turkoglu, who signed a $53 million, five-year free-agent deal with the Raptors in the off-season, was a healthy scratch for the first time in seven years Sunday in Miami. It came after he was spotted out on the town Friday night —hours after he missed a home loss to Denver with what was called a stomach virus.

Coach Jay Triano, asked before the game if he was concerned if Turkoglu would accept his indefinite role as a reserve replied, "Probably more readily than not playing at all."

Turkoglu checked in with 1:50 left in the first quarter and hit two three-pointers and a mid-range jumper in the first half, but was 0-for-3 in the second half before his three put Toronto ahead for good. THE CANADIAN PRESS

CHUCK BURTON/THE CANADIAN PRESS

Toronto Raptors Chris Bosh and Charlotte Bobcat D.J. Augustin, left, battle for a loose ball last night.

Els hangs on to win Palmer Invitational

GOLF Ernie Els made two clutch par putts, escaped trouble from a buried lie in the bunker and wound up wearing a blue blazer yesterday for winning the rain-delayed Arnold Palmer Invitational.

Suddenly, it's easy to picture him in a different colour jacket two weeks from now.

Els overcame a few nervous moments with four solid pars to wrap up a 1-under 71 and win by two shots at Bay Hill, giving him back-to-back victories for the first time in seven years and setting himself up as a favourite at Augusta National.

"I'd like to put this jacket in some dye," Els said at the trophy presentation. "Some green dye."

Coming off a four-shot victory in the World Golf Championship at Doral two weeks ago, Els had to work harder than he should have for his 18th career victory on the PGA Tour.

Stephen Ames of Calgary (75) was 30th while Mike Weir of Bright's Grove, Ont., shot 74 to finish 40th.

THE ASSOCIATED PRESS

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Ways to stretch your wallet

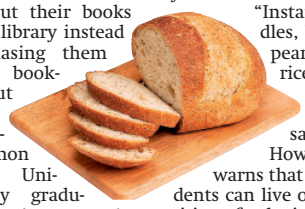
DANIEL TAM
for Metro Vancouver

As if studying for exams, writing papers and trying to have a social life aren't hard enough tasks to juggle for post-secondary students, some have to worry about finding ways to stay afloat financially during the school year.

For some students, especially those who live on campus, the only way to stretch their wallets is to be creative in their spending.

While a struggling student "can live off of bread and ketchup, you risk damaging your body," says SFU graduate Justin Yap.

One method of saving that some students use is signing out their books from the library instead of purchasing them from the bookstore, but others, like recent Simon Fraser University graduate Justin Yap, took a more extreme approach to cutting costs.



"When I was living at dorm, I was so low on cash at one point that I only had a box of stuffing in my cupboard to eat," said Yap. "My R.A. told me that for an entire month, he was so poor that he only ate bread with ketchup."

"Instant noodles, bread and peanut butter, rice and hotdogs were staples," said Yap.

However, Yap warns that while students can live off less nutritious foods, it is recommended they keep it to a minimum.

"A person can live off of bread and ketchup, but you risk damaging your body and risking your ability to focus on your studies," said Yap.

Luckily, there are ways to save money without doing damage to your body.

UBC student Nara Shin found that shopping smart allowed her to reduce her costs while living on campus.

"On some Friday afternoons I would go to The Deli in the basement of the student union building because they sometimes have 50 per cent off certain food," said Shin.

"I'd get everything from pasta, sandwiches and wraps for about $7 to $9 and be set for the next week's lunches."

Shin would also visit her neighbourhood Safeway the first Tuesday of every month.

"(They) have this special discount where everyone gets a 10 per cent discount if they spend over $30," said Shin. "I would stock up on my groceries that day."

Yap believes that when it comes to saving, there is one main principle that needs to be kept in mind.

"When it comes to finances, you really need to revolutionize your understanding of 'wants' versus 'needs,'" said Yap.

When it comes to saving money, it helps to understand your wants versus your needs.

Metro asks: How do you pay for school?

BY SEAN KOLENKO FOR METRO VANCOUVER

Micah Davison, 28
Fourth-year geography student at SFU

A: I live with my spouse and we both go to school so we "get" to double up on student loans and scholarships. I've also found that there are always bursaries to look for.

Maude Henri-Bhargava, 28
Fourth-year dietetics student at UBC

A: I get some help from my parents for tuition costs, work two days a week at a bar on campus for extra cash, and use my line of credit to make up the rest.

Jason Delaney, 31
Langara College photography student

A: Student loans. School is really intense; I would work if I could find a consistent job that worked around my schedule because money runs tight by the end of the semester.

Geoffrey Morgan, 25
Langara College journalism student

A: I taught in Korea for two years, worked road construction, waited tables, and wrote for a newspaper. The less you sleep the more time you have to work.

Kevin Gray, 26
Interactive design student at Capilano

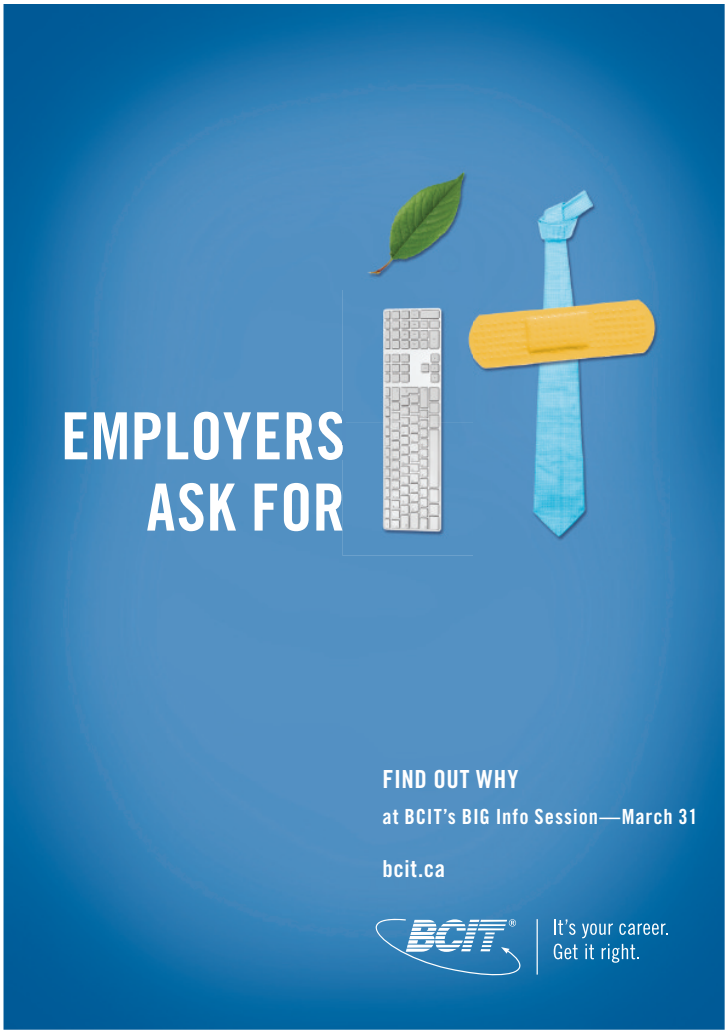
A: I took two years off after my undergraduate degree. I worked as much as I could, saved everything I could and I eat a lot of noodles.

Michele Loughrin, 30
Psychiatric nursing student at Douglas College

A: When I first started at school, I was working full-time. But, I realized my marks were suffering and decided to apply for a student loan and cut down to part-time work. These days, I'm only working on holidays and living off my loans.

Neil Krell, 22
Third-year international studies student at SFU

A: I live with my parents so I don't pay rent, which makes it feasible. But, I work all summer to save for tuition. And, I just won my first scholarship.



Finalist shows at Fashion Week

LINA TOYODA
for Metro Vancouver

Vancouver Community College fashion arts student Nicole Obidowski placed second in the national Telio Design Competition at Montreal Fashion Week this month.

The theme for this year's competition by Quebec textile company Telio was a creation that could be called "art-a-porter," a design uniquely modern, timeless and authentic with a nod to the return of craftsmanship and handmade artistry.

Obidowski designed a tan knit dress with traditional boning accents worn under a cocooned, white oversized coat.

"I used boning because no one ever wears anything boned anymore unless it's a special corset wedding dress or something. But I tried to use it in a different way. It's on a knit dress and it's got boned casings laid over it, so it's not meant to be restrictive."

The 26-year-old burgeoning designer says it was difficult at first to create the garments having looked at past designs in class and the winners of previous years. She said she felt her style would be too minimal for the competition.

"I felt they were really different than what I usually do. So I kind of had a little bit of the 'I don't know, should I design something that they will like?' But in the end, I just decided to design it my way."

Sticking to her design instinct turned out to be the right decision.

The national competition received 400 entries from 20 fashion design schools across Canada, and Obidowski and classmate Leah Mosoff were selected among the 25 finalists.

Obidowski describes her aesthetic as casual, easy and soft.

"Feminine but not like girly frilly, you know," she says. "I like it to be a little more timeless. Not retro but not super futuristic or anything either. Just something that could work at any time."

The two students were invited to Montreal for the fashion showcase, where the winners were announced following a runway show of the finalists' designs.

Admitting to have stage fright, Obidowski says it was a whirlwind when she was awarded $2,500 for her second-place finish and had to walk the runway after the announcement.

She also received a pass to attend the next New York Fashion Week, and a fashion editorial feature in the summer 2010 edition of Z!NK magazine.

VANCOUVER COMMUNITY COLLEGE PHOTOS

An illustration of Nicole Obidowski's design.

She credits her school and instructors for their support.

"A lot of the teachers were really helpful when we were working on the project," she said. "A couple of our teachers even came in during their winter break to check up on us to make sure we were doing OK."

Obidowski is finishing her second and final year at VCC and is currently working on her final collection for school.

"I grew up in the Okanagan Valley and I took a little road trip during the summer down the valley to the more southern parts, and I was really inspired by the landscape around there — the hills and the colours — so that's kind of where my inspiration is coming from," she said.

"I'm using a lot of muted colours. A lot of colours that have two or three colours in them like a bluey purple grey or something like that. I just wanted to give it a really easy casual feeling."

VCC fashion art student Nicole Obidowski's award-winning design.

Want more?

Douglas College
Ignite your potential

Carr opens its doors

SEAN KOLENKO
for Metro Vancouver

The Emily Carr University of Art and Design is synonymous with producing some of Canada's most forward-thinking artists, but every summer the school opens it doors to high schoolers looking to get a taste of what life at an art school is like.

The Summer Institute for Teens at Emily Carr University offers a wide variety of specializations, including digital photography.

The Summer Institute for Teens is a four-week full-time program available to Grade 10, 11, and 12 students. The institute runs from July 5 to 30 and offers specializations in a wide variety of disciplines, ranging from painting to digital arts to digital photography. Costs for the program are $1,850 for domestic students and $2,350 for international learners. Fees do not include supplies.

"The program is intensive," said Amy Clausen, program assistant in Emily Carr's continuing education department. "It's really for students considering a post-secondary education in fine arts and design."

Classes are scheduled to run Monday to Friday from 9 a.m. to 4 p.m. On Mondays, Wednesdays and Fridays, students work in their selected specializations. Tuesdays and Thursdays are reserved for trips to galleries, museums and classes in art history, providing students with a glimpse at all facets involved in studying art.

"With the amount of time we work at the school, we really get a lot of work done," said Josh Hite, instructor for the digital photography course. "It really gives students the space to create individual work and develop a few different projects."

Hite, a Vancouver-based installation artist, sees the summer institute as a way to not only open the eyes of those looking to pursue schooling in the field, but a chance to learn a few things himself.

"If I'm constantly creating things then it makes me a better teacher," he said. "I learn a lot from students and see things I can use in my own practice."

For 20-year-old Shelagh McLellan, a student at the institute in 2007, the summer program was the chance to get beyond what her high school was offering.

"One thing that happens in high school is you don't get the critical thinking surrounding art," she said. "This was a good way to get an insight into what being involved in art professionally is like."

Travers is now in her third year of full-time industrial design studies at Emily Carr, and says she still sees a few familiar faces from her summer classes three years ago.

"I know a number of students who I took the institute with that are at Emily Carr," she said. "And others went on to different design schools."

Visit ecuad.ca for more information.

Capilano student aims for top spot

DANIEL HENDRIKSEN
for Metro Vancouver

"I have a real passion for the advertising industry." Brad Hallwood

Fourth-year Capilano University Business student Brad Hallwood is among the top 10 finalists in one of the most prestigious competitions for students in his field in the country.

Hallwood, a 22-year-old resident of North Vancouver, says he was reading the paper one day and stumbled across the competition for Canada's Next Top Ad Executive. It's a contest that featured about 200 contestants from across Canada.

"I have a real passion for the advertising industry; it's something I really want to do when I graduate. It's a tough industry to land a job in, so I saw the competition as a chance to get my name out there and I just took the opportunity and ran with it," says Hallwood, who adds his dream would be to have his own agency one day.

The contest has three phases. The first was an initial proposal, outlining ideas for the campaign. Then the top 25 had to develop the full marketing plan for their campaign. From there, the top 10 ideas were chosen. Hallwood is one of the 10 finalists and he will now pitch his campaign to a panel of judges filled with industry professionals in Toronto.

The winner of Canada's Next Top Ad Exec will walk away with a brand new 2011 Chevrolet Cruze — which is what the whole campaign is about. The car won't be released until September, and the winning campaign will be used by Chevrolet for the vehicle's launch.

"The contest is also in partnership with a career placement agency called Account Niche," he says. "And they've actually put the top 25 contestants on their website that provided us with the opportunity to get in contact with different advertising agencies."

Hallwood will be presenting his campaign today at Le Meridien King Edward in Toronto, and he says he's going there with confidence and a positive attitude and everything else should take care of itself.

"I'm definitely going to head to Toronto with my resumé, and if I play my cards right I'm sure I could make my own opportunities out of it," he says.

For more, check out topadexec.com.

Take the next step. It's free.

Upgrade your skills in reading, writing and math with courses at Douglas College.

We'll help prepare you for entry into many of our programs.

Plus, it's tuition free – even if you didn't graduate from high school.

Find out more at douglascollege.ca/upgrade

Douglas College
Ignite your potential

Get ready for college - at college.

Learning Curve is a special feature that focuses on education and student life.

Wedding planning course a hit

JESSICA BELL
for Metro Vancouver

Vancouver Community College is offering four new courses in event and wedding planning for adults starting next month.

The college has carried these courses for the past five years and the growing success is the reason VCC keeps the courses in operation, said program co-ordinator Nadia Albano.

"We've had nothing but a great response from those taking event and wedding planning," Albano said. "These courses have been very successful and are very up-and-coming."

Event Marketing is a 12-hour course designed to help students market an event and teaches them how to create a media plan for specific events.

The 30-hour Event Planning course gives students first-hand experience on how to become successful event planners with lectures, in-class projects, group work and surprise guest speakers.

"A lot of people are taking these courses because they want to have a side job, they have a knack for event planning and many find that this is their hidden talent," Albano said.

Students have left the program with positive evaluations, saying that instructors are "excellent and make the class interesting," and also that students would "definitely take other courses if offered."

Albano said it means a lot to her and VCC that the instructors at the college are well-respected.

"The instructors really take the time to talk to the students," she said.

Two other courses — Wedding Planning and Vancouver Host — are offered in September and January.

Wedding Planning includes learning the basic fundamentals of becoming a wedding planner, and offers skills that can be applied to any other business or event planning.

Albano said students get the "best of both worlds" with these courses as they must remain organized but also have the opportunity to be creative.

"With so many options students, can really find their niche," she said.

Classes are usually at full capacity and seats fill up quickly, but those interested are asked to contact Albano via phone at 604-443-8670 or visit vcc.ca for more information.

Upcoming classes at the VCC

The following two courses begin in early April at the VCC downtown campus at 250 W Pender St.:

Event Marketing 1104
- **Cost:** $190
- **Date:** April 7-28
- **Time:** Every Wednesday, from 6 p.m.-9 p.m.

Event Planning 1101
- **Cost:** $403
- **Date:** April 6 to June 8
- **Time:** Every Tuesday, from 6 p.m.-9 p.m.

– JESSICA BELL

douglascollege.ca/upgrade

Douglas College
Ignite your potential

Learning Curve is a special feature that focuses on education and student life.

Douglas College's CAVE helps job-seekers look for work

DANIEL TAM
for Metro Vancouver

DANIEL TAM/FOR METRO VANCOUVER

The resources of the CAVE are open to visitors who are looking for help in looking for work.

An employment resource centre in Burnaby is offering free assistance to job seekers ages 15 to 30 looking for work in the Lower Mainland.

The Career and Vocational Exploration centre, or the CAVE, provides their clients with knowledge and resources in their quest to find both full-time and part-time employment.

The resource centre offers help in resumé and cover letter building, interview skills and job lead searching while offering different programs and workshops available to cater to clients' needs.

The CAVE is a part of the Douglas College training program, but is not restricted to students who attend the school.

"It's more for the community," said Colleen Avery, community liaison at the CAVE. "If they're 15 to 30 and they're searching for work, we can assist them with their job search."

"We get anyone that can be 15 and has dropped out of school, to someone that has graduated from university and has a specific degree and are searching for a specific targeted type of employment and a career direction," said Tim Blake, case manager at the CAVE.

As case manager, Blake assesses each client individually and provides feedback on their job search approach.

"Some clients just want to use our drop-in job search services, like access to computers, some of the resources and some of the workshops," said Blake. "Other clients want more assistance, then we would go through the process of assessing what the clients' concerns are.

> **"I feel good every time I come in here."**
> Rosario Huamancesi

"I try to talk to them and try to get an idea of what might be the best useful service for them," he said.

Rosario Huamancesi is someone who has visited the CAVE on several occasions, and says the resources available have helped her find part-time and temporary employment.

"I'm a single mom and it's difficult to find a full-time job," said Huamancesi. "But I feel good every time I come in here."

The CAVE also hosts two hiring fairs every year, including one that has no age restrictions; it takes place on April 21 at the Firefighters Club in Burnaby.

Employers who have recruited at past hiring fairs include Home Depot, CIBC, Canadian Border Service Agency and Purolator.

More info on the CAVE and the upcoming hiring fair can be found at cave-employment.com.

BECOME AN ELITE PERSONAL TRAINER!
Infofit
INFOFIT Educators
604.683.0785 | admin@infofit.ca | www.infofit.ca
VANCOUVER . BURNABY . SURREY . WHITE ROCK

NEC Native Education College
Home of the Aboriginal Learner
Now Accepting Applications for 2010 Start Dates
Check us out! Come visit our Longhouse.
285 East 5th Avenue, Vancouver, BC, V5T 1H2
604-873-3772 • www.necvancouver.org

BIG?

SURE IS.
EXPLORE YOUR CAREER OPTIONS AT BCIT'S BIG INFO SESSION
Wednesday, March 31
5–8 pm
BCIT Burnaby Campus
bcit.ca/biginfo
BCIT It's your career. Get it right.

Computerized Bookkeeping Courses
Learn to use these software packages.
Simply Accounting: *May 10th-14th*
QuickBooks: *April 19th-23rd*
$299.00
(includes all materials)
5:00pm - 9:00pm
(5 evenings)
Save 10% on tuition by registering online. Coupon code: X3267QB
Ashton
Contact **Fouad Saeidi** or visit **ashtoncollege.com** to register now.
www.ashtoncollege.com
PH 604.899.0803

Free upgrading courses at douglascollege.ca/upgrade

Douglas College
Ignite your potential

PHOTOS SUBMITTED

UBC professor Marcello Veiga, with miners in Mozambique.

Small mining 'beautiful,' UBC prof says

JESSICA BELL
for Metro Vancouver

After spending six years with the United Nations, a University of British Columbia professor is making waves with his new sustainable mining initiative, that "small mining is beautiful."

Professor Marcello Veiga, of UBC's Norman B. Keevil Institute of Mining and Engineering, has been working as a chief technical adviser for the UN's Industrial Development Organization (UNIDO) and is now introducing ways in which artisanal mines can operate safely.

Artisanal mines are small-scale mines common in developing countries, and most miners extract material using their own resources.

Veiga spent much of his early career as a metallurgical engineer and environmental chemist for mining companies and witnessed the extremes of artisanal mining when he visited Serra Pelada Mine in Brazil.

Operating in the 1980s, Serra Pelada's some 80,000 gold miners moved material by hand, climbing up ladders carrying rocks, and sometimes bodies, on their backs.

"(Serra Pelada) changed my perspective on small-scale mining," says Veiga, who then decided to join academia, a decision that led him to researching with the UN.

Focusing on social and environmental issues, Veiga began his research with UNIDO in 2002, implementing health and environmental assessments for artisanal mining — including the use of mercury.

"We are now trying to help the miners use less mercury when producing gold, and to encourage them to have better health," he says.

A woman panning in Guinea.

Small-scale gold miners use mercury to find gold within ore (a type of rock that contains minerals) and after the two elements combine, miners burn off the mercury, releasing its toxins into the surrounding environment.

Veiga says that the vapour released from the burning of mercury also causes severe health problems such as kidney failure, tremors, and neurological issues in miners.

"We did all the health and environmental assessments and discovered there was a huge problem," he says.

Through his research in Brazil, Venezuela, Indonesia, Laos, Sudan and Tanzania, Veiga hopes that small-scale mining will become part of a more organized operation, where the focus is on the production and not the amount: Hence, "Small mining is beautiful."

He would like to see small mining companies connect with artisanal miners, and in exchange for the mineral deposits, the companies would "teach miners best practices, infuse wealth into the rural communities and ensure fair trade."

Using 3-D technology in films is becoming more popular, as seen with Avatar and Alice in Wonderland, below.

SFU gets boost with 3-D theatre

DANIEL HENDRIKSEN
for Metro Vancouver

Interactive arts and technology students at SFU's Surrey campus recently received a nice boost to their learning facilities. The school was the recipient of a state-of-the-art makeover to its current theatre.

Lightyear Digital Theatre Ltd. has donated a world-class upgrade to the theatre, worth between $400,000 and $500,000. The upgrade gives students and faculty at SFU state-of-the-art equipment and technology to work with. In fact, according to Lightyear Digital president Robert Dominick, the theatre is one of the best in the country. "It gives SFU one of the finest digital, 3-D theatres in Canada. It allows students in the school interactive arts and technology and the school of contemporary arts the ability to see their work in its true glory for the first time," says Dominick.

He says they changed almost everything in the original theatre. The existing screen was replaced with a new one that displays both 3-D and high definition. They also installed a brand new "Christie," which is one of the top of the line digital projectors and put in 5.1 digital surround sound system.

"The students I've talked to are thrilled about it."
Terry Lavender

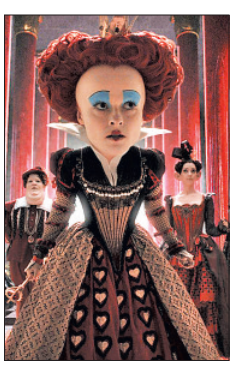
According to Terry Lavender, communications manager at SFU, the theatre will be ready for students to use by the fall semester.

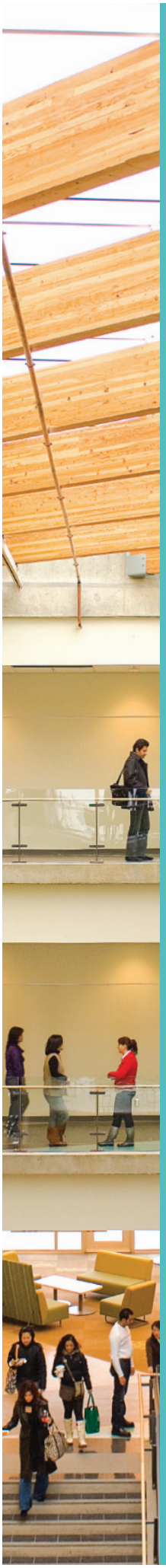
"Our own technicians have to be trained in how to maintain the theatre first and we're really excited about it," says Lavender. "The students I've talked to are thrilled about it. They can't wait to see what this is going to mean for them."

He went on to say that the new theatre is expected to help attract students into the program, which is currently the only one of its kind in Canada.

"3-D technology is coming back in mainstream films as we can see with Avatar and Alice in Wonderland and similar films. This will give our students a chance to study such films and create 3-D films of their own," Lavender says.

One of the most exciting aspects of the new technology is the fact that Lightyear Digital also has a theatre in Beverly Hills on Rodeo Drive. Dominick says they're working towards linking the SFU theatre into one in Beverly Hills so the students will be able to interact with the stars in Hollywood.





VCC
INFO
NIGHT

140 programs. One night.
Everything you need to know.

APRIL 14
4 PM to 6 PM

BROADWAY CAMPUS
1155 East Broadway

More info:
vcc.ca

Vancouver Community College

Understand what you're eating

Post Shredded Wheat has launched a new website postshreddedwheat.ca, developed by nutritionists. It lists the ingredients of breakfast cereals, what they mean in layman's terms and serving suggestions. METRO NEWS SERVICES

Food

Bowls of festivity

Collect your egg hunt finds or serve Easter breakfast in these rabbit-adorned stoneware bowls. Exclusive to the President's Choice Home collection, these colourful bowls also make the perfect festive gift. A set of these four dishwasher- and microwave-safe bowls is availabe at Loblaws stores for $9.99. For store locations, visit loblaws.ca.

METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

This lamb dish is celebrity chef Marcus Samuelsson's idea for a perfect Easter lunch.

Easter lunch

Celeb chef suggests lamb with a twist

ELISABETH BRAW
Metro World News

Easter is one of the few times of the year when lamb gets the most prominent spot on the table. And people who don't usually eat meat love a rack of lamb. Lamb it's easy to cook, too.

Marcus Samuelsson, the executive chef at New York's famous Aquavit restaurant, cooked President Obama's first state dinner.

But for Easter, even the most culinary-challenged person can cook a delicious lunch. Samuelsson, who was born in Ethiopia and raised in Sweden, tells Metro's readers how to make a delicious Easter meal with a new twist.

Miso-Rubbed Rack of Lamb with Broccoli Rabe Red Curry

SERVES 4

Lamb

INGREDIENTS:

- 2 Tbsp dark miso
- 1 Tbsp Spiced Butter or unsalted butter
- 1 Tbsp mild chili powder
- 1 large egg yolk
- 1 Tbsp chopped sage
- 2 Tbsp olive oil
- 2 frenched racks of lamb (1½ pounds each)
- Salt and freshly ground black pepper
- ¼ cup panko bread crumbs

METHOD:

1. Preheat oven to 400°F.
2. Combine the miso, butter, chili powder, egg yolk, and sage in a small bowl. Set aside.
3. Heat the olive oil in a large sauté pan. Season the lamb with salt and pepper. Add the lamb to the pan and sear until browned, 2 to 3 minutes on each side. Let cool slightly, then smear the miso-butter mixture over both sides of the lamb. Firmly press the panko into the miso-butter mixture on the rounded side of each rack.
4. Place the racks, rounded fat sides up, in a roasting pan. Roast until an instant-read thermometer inserted into the center of the rack reads 125°F, 15 to 20 minutes.
5. Transfer the lamb to a cutting board and let rest for 5 minutes. Serve with the broccoli rabe red curry.

Broccoli Rabe Red Curry

INGREDIENTS:

- 2 cups broccoli rabe (about ½ bunch)
- 5 Tbsp olive oil
- 2 teaspoons black mustard seeds
- 1 teaspoon ground cumin
- 1 teaspoon coriander seeds
- 1 red onion, chopped
- 4 sliced garlic cloves
- Juice of 2 limes
- 2 kaffir lime leaves
- 2 curry leaves
- 1 2-inch piece ginger, peeled and finely chopped
- 2 Tbsp red curry paste
- ½ cup coconut milk
- 2 small Yukon Gold potatoes, peeled and cut into ¼-inch cubes
- 2 Tbsp chopped blanched almonds
- 2 Tbsp of yogurt
- 1 Tbsp chopped cilantro
- Salt

METHOD:

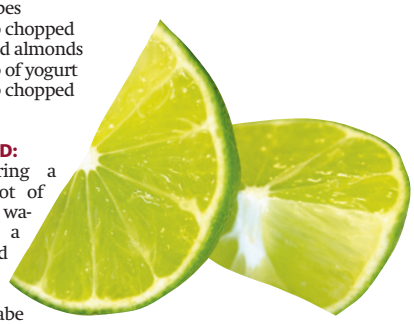
1. Bring a large pot of salted water to a boil. Add the broccoli rabe and simmer for 30 seconds. Strain and rinse with cold water. Pat dry.
2. Heat 2 tablespoons of the olive oil in a large pot over medium heat. Add the mustard seeds, cumin, coriander seeds, onion, garlic, lime juice, lime leaves, curry leaves, ginger, and curry paste and sauté until fragrant, about 3 minutes. Add the coconut milk and 2 cups water. Bring to a simmer and cook for 15 minutes.
3. While the liquid is simmering, heat the remaining 3 tablespoons olive oil in a large sauté pan over high heat. Add the potatoes and sauté for 3 to 4 minutes. Reduce the heat to medium and add the almonds. Cook with the potatoes until golden brown, 4 to 5 minutes. Remove from the heat and set aside.
4. Stir the broccoli rabe and potato mixture into the simmering liquid and heat through. Stir in the yogurt and garnish with the cilantro. Season with salt.

RECIPE COURTESY OF MARCUS SAMUELSSON, NEW AMERICAN TABLE (WILEY, 2009)

Side dishes

- Serve your lamb with potato salad and roasted root vegetables like carrot and beet. Root vegetables are particularly delicious in the spring. Spinach is another tasty choice.
- Roast herbs like chives, rosemary and lavender with the lamb. In the spring they taste so much better than basil and oregano.

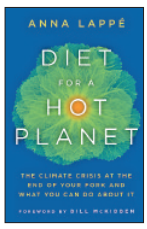
METRO WORLD NEWS



Grub and global warming

BOOK Want to save the planet? Check what's at the end of your fork.

From production to consumption to waste, the world's food system accounts for a hefty slice — about 33 per cent — of what's heating up the planet, says Anna Lappé in her book, Diet for a Hot Planet, to be published April 10. She argues that we need to radically change how food is produced and what we eat.



Lappé is co-founder of the Small Planet Institute, a nonprofit research network, and was named one of Time magazine's "Eco Who's Who."

She is the daughter of Frances Moore Lappé, author of the 1971 bestseller Diet for a Small Planet about the environmental and social impact of food choices.

"I see my book as continuing the conversation," says the 36-year-old author. "There's another part to the story, the climate cost to the planet."

TORSTAR NEWS SERVICE

2% cash back at eligible grocery stores†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †For conditions: scotiabank.com/momentum

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

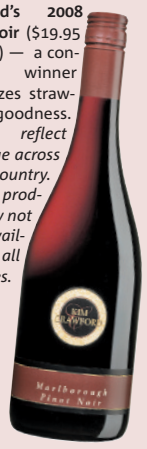
Lamb's match

We never ate lamb when I was a kid. My mother just didn't have the heart to cook anything that looked so cute. Don't tell mom, but as an adult I've more than made up for my years of eating abstinence and am sure to see a leg (maybe even a rack) at a meal or two over the up-coming holiday weekend.

Unlike other headline holidays (where turkey is king) Easter's association with lamb makes for a interesting change of pace on your plate and a wine lover's dream date because the meat is open to just about any liquid match. While a red from France's Bordeaux region or the Rioja in Spain are textbook pairings; a red with a touch of spice like **Trapiche's 2007 Broquel Malbec** ($15.95 - $16.49) from Argentina is a hip alternative.

If not lamb, you may be having ham this Sunday. Depending on the cooking style, your bottle will wind up battling either saltiness or sweetness. A fruity Frenchman from Beaujolais makes for a nice marriage, as would a red made with pinot noir. Go New Zealand and **Kim Crawford's 2008 Pinot Noir** ($19.95 - $24.99) — a consistent winner that oozes strawberry goodness.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Got milk?
Cake Milk Made Shower Cream ($22) is like cleaning yourself with the most delicious vanilla milkshake you've ever tasted except without any of the sticky mess. It's also free of parabens and synthetic dyes. Available at Sephora, The Bay and cakebeauty.com. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Breasts are the best for baby

PHOTOS.COM

Breastfeeding your new baby exclusively until they are at least six months old is recommended.

CELIA MILNE
for Metro Canada

If you are breastfeeding or planning to breastfeed, hang in there.

A Toronto-based study has found that new moms don't breastfeed as long as they should for the optimal health of their babies.

"The goal is exclusive breastfeeding to six months because we know that confers the greatest health benefit for babies and mothers," says Olga Jovkovic, a registered nurse and manager for Toronto Public Health's Healthy Families program.

"It reduces their risk for ear infections, gastrointestinal problems and colds."

But the study, which surveyed 1,518 first-time moms, found that only 17.5 per cent stuck to that goal. Cracked nipples, painful over-swollen breasts and thinking that the baby isn't getting enough milk can derail the efforts.

Breastfeeding is so healthy for babies. It reduces their risk for ear infections, gastrointestinal problems and colds.

It's also somewhat protective against being overweight and developing diabetes later in life.

For moms there are benefits too.

It reduces the risk of certain cancers such as ovarian and breast cancer, and also the risk for developing diabetes.

It is recommended by the Registered Nurses' Association of Ontario and all levels of government in Canada, based on medical evidence, that women continue to breastfeed their babies, at least part-time, for at least two years.

The vast majority of women do initiate breastfeeding — 96 per cent, according to the Toronto study. Most (73 per cent) continued at least some amount of breastfeeding for the next six months.

A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!

NUTRACLEANSE™

NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

Nutracleanse is sold in 1 kg bags at health food stores, produce/deli markets, and bodybuilding supplement stores.
A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you.

BENEFITS OF DAILY USE

- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of Nutracleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and walk or take other exercise daily.

GLUTEN - FREE ...for life!

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote optimum regularity and colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION
30 g serving = 1/3 cup

Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g

INGREDIENTS
NutraCleanse contains the following all-natural organic ingredients:
Ground Flax Seed
Ground Psyllium Husks
Dandelion Root Powder
Burdock Root Powder
Fenugreek Seed Powder

NutraCleanse... The Optimum Solution.

NUTRACLEANSE
VISIT: WWW.NUTRACLEANSE.BIZ
E-mail: orderdesk@nutracleanse.biz
NUTRACLEANSE PRODUCTS INC.
PO Box 3561, Mission, BC, Canada V2V 4L1

Buy a daffodil and make a difference

This week marks the launch of Daffodil Month, when volunteers from the Canadian Cancer Society start going door-to-door selling daffodils to raise money to eradicate cancer and enhance the quality of life for people living with the disease. cancer.ca. **METRO NEWS SERVICES**

Blossoming beauty

JANINE FALCON
for Metro Canada

With glowing skin, flushed cheeks, airy scents and lush, look-at-me lips, this spring's beauty offering is no wallflower.

VICHY LABORATOIRES ESSENTIELLES FACIAL CLEANSER, and **WELEDA WILD ROSE DAY CREAM** puts the bloom in your complexion with soothing rose extracts and nourishing rosehip oil respectively. $12, drugstores, and $29.49, well.ca.

MAC GIVE ME LIBERTY BEAUTY POWDER and **EYE SHADOW** are part of an exuberant, colourful limited collaboration with boho-chic Brit label Liberty of London. $30 and $17.50 respectively, MAC stores and maccosmetics.com.

GUERLAIN OMBRES PERLÉES NO. 409 is a worth-waiting-for silky shadow quad; it hits counters at the end of this month. $64, Guerlain boutiques, The Bay, Sephora and Murale.

ANNA SUI NAIL COLOUR puts flowers at your fingertips with shiny lacquer in her signature floral bottle. $15, Sears.

ELIZABETH ARDEN CERAMIDES PLUMP PERFECT LIPSTICK in **PERFECT TULIP** is a sweetly charming, youthful red for all ages. $28, drug and department stores.

QUO JUMBO LIP-GLOSS PENCIL in **PINK PETAL** makes colouring inside the lip lines girly fun. $12 at Shoppers Drug Mart.

PHYSICIANS FORMULA BAMBOO WEAR refillable powder compact and brush is beautifully eco-responsible in sturdy, sustainable bamboo printed with soy-based ink; the brush is chem-free goat hair with a bamboo handle. $9.79, drugstores.

DAISY GARLAND EDITION evokes fresh air and blue skies with the original's scented heart of gardenia, violet and jasmine in a limited-edition bottle, and bonus paper-daisy garland. $75, drug and department stores.

2% cash back at eligible drug stores‡.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.® Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. ‡For conditions: scotiabank.com/momentum

CLINIQUE FRESH BLOOM ALLOVER COLOUR lends skin a spring-fresh glow. $38.50, department stores.

CRABTREE & EVELYN CRABAPPLE and **MULBERRY TRIPLE MILLED SOAP** are creamy, soft on skin and cheery with fragrant orchard blossoms and fruity mulberry. $8 each, crabtree-evelyn.com.

PHOTOS.COM

Makeup and making out

The J Spot

Josey Vogels

metronews.ca/thejspot

Makeup has been around ever since an early ancestor fell out of the trees and decided clay streaks would be "in" that season. Or as early as 3,000 BCE, if you're fussy about dates.

Throughout history, makeup was a signifier of wealth and status. For example, early aristocrats powdered their faces so their paleness would distinguish them from their sun-weathered, field-working subjects. Predictably, once the poor folk got herded from the fields into the factories, sun tanning became de rigueur.

Wearing makeup is also sexual. According to the book Sexual Secrets: The Alchemy of Ecstasy, "cosmetics and ornaments have played a major part in sexual ritual."

As part of ancient Tantric practices, "the application of coloured cosmetics to various body parts stimulated and concentrates energy there."

In all cultures, the book adds, cosmetics help make the beautiful look exquisite and the ordinary special.

Makeup has also been used historically to indicate sexual availability. In ancient Rome, for example, prostitutes painted their mouths red to indicate that oral sex was on their "will-do" list.

And, in the book The Secrets of Sexual Body Language it states that "makeup mimics the changes that take place in your body when you become sexually aroused. When you're excited, your pupils enlarge — making your eyes look darker and bigger — your cheeks flush and the lips swell and darken."

Perfume's all about sex, too. When we have sex, the body sweats and releases a musky odour. That's why most perfumes are derived from animal scents. You might say it brings out the beast in us. The women of ancient Egypt and Rome knew this.

"In all cultures ... cosmetics help make the beautiful look exquisite and the ordinary special."

"Perfume was used in their hair and on their clothing and furnishings, as well as in baths," the Body Language book tells us. Even as far back as 4,000 BCE, wealthy women were using perfumed oils to anoint their bodies.

And jewellery? Next time you're having sex, watch your partner's earlobes swell. In some parts of Africa, long earlobes are seen as the ultimate standard of beauty, and a girl's earlobes are punctured and stretched systematically to increase desirability.

Back in mid-17th-century Europe, those funny neck ruffles were worn to emphasize a woman's neck. Apparently, some of these collars were so large, it made it almost impossible for her to eat.

It's amazing the lengths we'll go to get some action.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Celebs campaign against slavery
Demi Moore and Ashton Kutcher have launched a new campaign against child slavery in earthquake-ravaged Haiti to put a stop to the unethical practice. The pair has teamed up to voice their concerns over the country's "restavec" system. FEMALEFIRST.CO.UK

Entertainment

Foxx on Fox
Almost 20 years after his breakout role on In Living Color, Jamie Foxx may be headed back to Fox for another sketch-comedy show, according to The Hollywood Reporter. TVGUIDE.COM

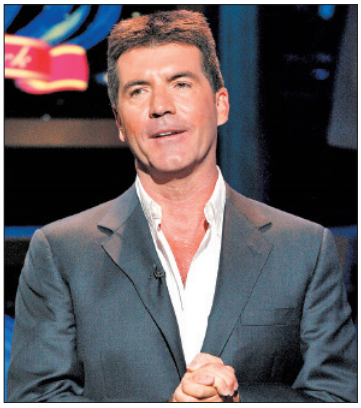
EDITOR: DEAN.LISK@METRONEWS.CA

Idol running on empty

Despite strong ratings, Cowell departure could signal end of reality show

TheAudioFiles

Bryan Borzykowski
metronews.ca/music



Paula Abdul quit American Idol last season and Simon Cowell won't be back after this one.

When American Idol debuted in 2002, I will admit I was I excited. Getting a bunch of unknown, untrained singers to perform for Simon Cowell, the surly British producer, was an intriguing concept — and when they showed the terrible audition tapes, I was hooked.

I wasn't sure what to make of a show that would create a superstar out of nothing, but when Kelly Clarkson won — far and away the best singer on season one, and maybe the best voice to ever grace the program — I was shocked that the American public actually knew what they were doing.

Well, that was eight years ago and a lot has changed. After the 10 contestants still left on this season get whittled down to one, Cowell's taking off to host the U.S. version of The X Factor, the hit British TV singing competition, Ellen DeGeneres is the new Paula Abdul without the endearing loopiness, and the show's fans lost their ability to pick a winner a long time ago.

Idol, according to Fox, is staying on the air, but what they should really do is take a big red marker to their master programming schedule and cut the program out. They'll never do that — it still draws around 20 million viewers a night, though that's down significantly from the first few seasons (about 50 million people watched the season one finale) — but these days it's not adding much value to the lives of music fans.

The biggest disappointment has been its inability to create stars. Every season thousands upon thousands of people try out for the show, and while plenty of hopefuls have no idea how to sing, you'd think there would be at least be a few more Clarksons out there. In reality, there's usually one standout, and that person doesn't always win. Take last year— flamboyant rocker Adam Lambert was a shoo-in, but the forgettable Kris Allen took the Idol title.

For every Carrie Underwood, there's a Ruben Studdard; at least a few of the singers who do have talent but don't win — like Jennifer Hudson — have still found successful careers. If the show entertains people, makes the network money and still produces a few big hits every couple seasons or so, then what's the big deal, right?

Well, it feels like the talent is getting thinner and thinner every season. I only like Crystal Bowersox, a guitar-slinging Janis Joplin-meets-Tracey Chapman character. The rest sing well enough but won't make a real mark once their Idol run ends. The quality of music put out by former Idol contestants is nothing to write home about either — besides Clarkson's 2004 disc Breakaway, with Since U Been Gone on it, the offerings mostly add more noise to an already packed pop field.

Plus, there are other ways to discover new stars. MySpace and YouTube have generated a few big names, so we don't need the TV talent show to save the record industry anymore. (Not that it did.) It might be time to make stars the old fashioned way again — through hard work and good music.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Fans choose nominees for MTV Movie Awards

MOVIES Film fans will choose the nominees and winners of the 2010 MTV Movie Awards.

Viewers of the irreverent awards show can log on to movieawards.mtv.com and submit their choice nominees in 13 categories. Submissions will be accepted until April 9.

Any 2009 film or performance is eligible for consideration in categories including best villain, best fight and best kiss.

MTV added three new categories to the competition this year, and the titles of two are so racy they can't be printed here. The two unmentionables are action- and horror-related. The third is best global superstar, and for the first time in MTV Movie Awards history, voting in that category will be open worldwide.

Last year's new category, best WTF moment, is returning for the 2010 awards. Other categories include best performance, best breakout star and best movie.

Fans will also pick the winners of the show's golden popcorn trophy by voting online from May 11 to June 5. THE ASSOCIATED PRESS

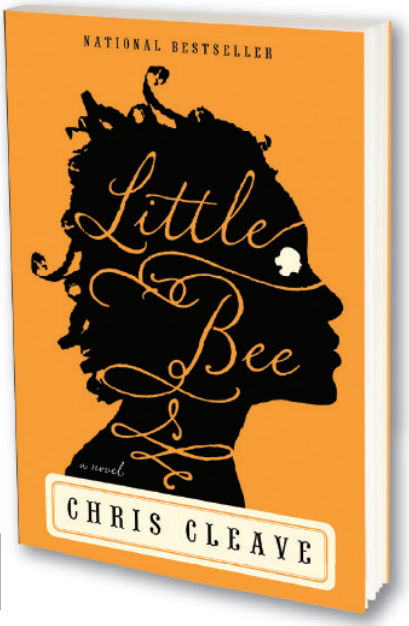
We don't want to tell you what happens in this #1 NEW YORK TIMES *Bestseller*
because we don't want to spoil it, so we'll just say this ...

"*LITTLE BEE* WILL BLOW YOU AWAY . . . BOTH SURPRISING AND INEVITABLE, THOROUGHLY SATISFYING IF ALSO HEARTRENDING."
—*THE WASHINGTON POST*

"CLEAVE AT HIS FINEST. . . . AN AFFECTING STORY OF HUMAN TRIUMPH."
—*THE NEW YORK TIMES*

"ENTHRALLING." —*THE GLOBE AND MAIL*

"BOOK CLUBS IN SEARCH OF THE NEXT *KITE RUNNER* NEED LOOK NO FURTHER THAN THIS ASTONISHING, FLAWLESS NOVEL."
—*LIBRARY JOURNAL*



e-book available

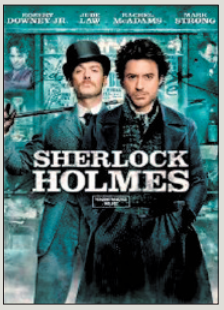
VISIT RANDOMHOUSE.CA TO READ THE FIRST CHAPTER ANCHOR CANADA

MONK McQUEENS
Fresh Seafood & Oyster Bar
Monk's Weekend Brunch
Classic Breakfast, Eggs Benny, Omelettes,
French Toast, Frittata and more!
No buffet. À la carte options only.
Opens at 11 a.m.
Complementary Valet Parking
www.monkmcqueens.com | 604-877-1351 | 601 Stamps Landing, Vancouver

Mr. Pickwick's
2pc Halibut & Chips $15
World Famous Fish & Chips
604-681-0631 • 1007 Denman Street, Vancouver
Open Daily 11:30 - 9:30 daily • www.mrpickwicks.bc.ca
*Must present coupon for offer. Available at the Denman location only.

SUPPORTING
MORE THAN JUST OUR ATHLETES!
Specializing in bra fittings for 24+ years. Sizes A to I, 30 to 46 & everything in between!
Empreinte
BARE BASICS
VANCOUVER: 4431 W 10th Avenue • 604-224-3777
RICHMOND: 3871 Moncton Street • 604-271-5330

DVD picks



Sherlock Holmes

Directors: Guy Ritchie

WHEN YOU REALLY THINK about it, it's elementary that Robert Downey Jr. would make a great Sherlock Holmes.

In life and in art, he's taken the path of the cerebral risk-taker. Given a chance to sample a new substance or portray an unusual character — he's done everyone from Chaplin to Iron Man — he jumps in with both feet.

Those familiar with the Holmes canon know the 19th-century sage was quite a physical man (although maybe not the bare-chested brawler Downey portrays), who also liked to partake of festive pharmaceuticals.

We can live without the deerstalker cap, as Downey does.

Also cheering is the choice of Jude Law as Dr. Watson, Holmes' sidekick, who retains the discipline and the loyalty of his literary counterpart.

But skullduggery is afoot in other areas. Regrettably, director Guy Ritchie and his screenwriting committee (bad sign, that) have completely lost the plot beyond their golden pairing of Downey and Law. It's as if they simply downed tools, having satisfied themselves with excellent leads.

A great hero needs a great villain, and there isn't one to be found in Mark Strong's Lord Blackwood, a satanic troublemaker in greasy London town who is more bureaucrat than Beelzebub. He's among the most tedious and least-threatening baddie to darken a screen in many a moon.

Also firing on zero cylinders is Canada's own Rachel McAdams, as Holmes' putative love interest Irene Adler. It's possible that some earlier version of the script actually gave her something to do, but little of this made the final cut.

Then there's the story, which is entirely titled towards an intended sequel and extended franchise.

The picture is top-heavy with cheap CGI, with things forever vanishing, being shot into the air or simply exploding along with Hans Zimmer's ponderous score, none of it terribly dazzling.

Still, it's good enough to just sit back and enjoy Downey and Law plays Holmes and Watson as Victorian versions of Butch Cassidy and the Sundance Kid.

Extras vary according to edition, but the Blu-ray offers the greatest bounty for Holmesphiles, with various making-off featurettes. Of greatest interest and novelty is the Maximum Movie Mode commentary in which Ritchie literally walks us through the film.

An Education

Directors: Lone Scherfig

BASED UPON British journalist Lynn Barber's recent memoirs, which screenwriter Nick Hornby (High Fidelity) and director Lone Scherfig (Italian for Beginners) have astutely adapted, it's a fresh telling of the old tale about an impressionable girl falling for a predatory older man.

Evoking early 1960s London as sharply as TV's Mad Men does New York in the same era, with impeccable art direction adding to its many attributes, An Education is set immediately before the social quakes of the Pill, the Beatles and Women's Lib.

Sixteen-year-old Jenny (Carey Mulligan), biding her time in suburban Twickenham, is in a hurry to grow up. Jenny's immediate concern is gaining admission to Oxford, which is anything but a given. The women of 1961 are mostly expected to become wives, not scholars, and Jenny's middle-class parents (Cara Seymour and Alfred Molina) fret about the money it will cost them.

She will have to keep her grades up if she hopes to succeed. But distraction arrives one rainy day in the dapper form of David (Peter Sarsgaard), a gentleman in a burgundy car who offers a ride and promises the world.

Jenny is soon caught up in David's whirl of concerts and cafes, accompanied by his chic friends Danny (Dominic Cooper) and Helen (Rosamund Pike). Does it matter that David is considerably older than Jenny (he's somewhere in his 30s) and that his stories are slippery?

First and foremost, An Education is a showcase for Mulligan, who was 22 when she made this film yet effortlessly conveys that moment of 16 going on 17 when the world beckons and its perils seem far away.

Extras include a commentary track by Scherfig, Mulligan and Sarsgaard.

Peter Howell/for Metro Canada

TOMORROW!
THE BLACK EYED PEAS
LIVE!
AT SELECT MOVIE THEATRES
ONE NIGHT ONLY
CONCERT EVENT
MARCH 30
10:30 PM EST/7:30 PM PST
FRONT ROW CENTRE EVENTS
GO TO CINEPLEX.COM/EVENTS
FOR TICKETS AND PARTICIPATING THEATRES.
AEG LIVE NETWORK LIVE epix

Freakonomics doc closing Tribeca

Freakonomics, a documentary based on the best-selling nonfiction book, will close the Tribeca Film Festival. The movie is based on the 2005 book by Steven Levitt and Stephen Dubner. METRO NEWS SERVICES

Usher brings honesty

With more than 40 million records sold worldwide, R&B star Usher figures he has a pretty good idea what his audience wants.

Usher's new album Raymond v. Raymond is out today.

His unique "brand," he says, is honesty.

So following the somewhat disappointing commercial returns hauled in by 2008's Here I Stand, the 31-year-old decided to go back to the basics and deliver the raw, candid intimacy that he thinks fans want on Raymond v. Raymond, which drops today.

That meant delving into his 2009 divorce from Tameka Foster and showcasing a side of himself that he doesn't think fans have seen before.

"(My fans) want honesty, they want to feel like they've been connected to your experience ... and Raymond v. Raymond is that. I feel like I'm my own worst enemy and my greatest supporter at the same time. And I'm not hiding behind an alter ego of any sort, but really dealing with me."

And if his previous sales are a reliable indicator, Usher would certainly seem to have his audience figured out.

Usher (nee Usher Raymond) has been a pop star since he released his debut album at the tender age of 15, when his baby-faced good looks, smooth dance moves and fluid tenor earned comparisons to Michael Jackson that have persisted over the course of his blessed career.

While he sold millions of copies of his first three albums, he shimmied past the threshold into superstardom with 2004's massively successful Confessions.

By 2008, when Here I Stand came out, Usher was living a different life. There, he revelled in the joys of family and fatherhood on a record that, while candid, didn't sell like its predecessor.

Raymond v Raymond, then, finds him returning closer to the formula that made Confessions such a hit. He alternates between mourning and dissecting his failed marriage to bawdy celebrations of the joys of the wild bachelor life, often veering into — as he puts it — "risque" material.

THE CANADIAN PRESS

Dolan film picks top prize at Jutras

HONOUR J'ai tue ma mere (I Killed My Mother) has taken best film honours at the Jutra awards, Quebec's equivalent of the Oscars.

The film, which has drawn wide critical acclaim but was all but shut out at the recent Genies, took home three other prizes, including best actress for Anne Dorval.

Dorval was trembling with emotion when she picked up her prize, effusively thanking director Xavier Dolan, who drew on his own relationship with his mother when he wrote the movie.

"What ultimately matters is that people felt something during the film, because it's the truth," said Dolan, who wrote his screenplay when he was 17.

He insisted he "never intended to be narcissistic, I swear."

He offered an emotional thanks to his mother, with whom he said he shared a "different love."

"Thanks to my mother for her loving and free education," he said at Sunday night's ceremony. "Thank you, my mother, for being my mother."

The film also took home the best screenplay prize for Dolan and was recognized as the film most honoured outside of Quebec.

Polytechnique, a haunting rendering of Marc Lepine's murderous rampage at the Universite de Montreal's engineering school in 1989, won five Jutra awards, including best director for Denis Villeneuve.

THE CANADIAN PRESS

Xavier Dolan with his Jutra.

ULI Universal Learning Institute
Flexible Scheduling, Start Monday!
E/I Supported Training
3 Campuses to Serve you Better
SkyTrain Accessible
• Office Administration Diploma
• Computerized Accounting Software
• Payroll Specialist
• Microsoft Office Specialist
PCTIA ACCREDITED
Enroll today! 604-248-1242 • www.trainingforjobs.com

SEE THE MOVIE! IN SELECT THEATRES APRIL 2 | EVERYWHERE APRIL 16
THE GIRL with the DRAGON TATTOO
ALLIANCE
NEW YORK TIMES BESTSELLER
"COMPELLING, CRIME-SOLVING ACTION." —TORONTO STAR
THE GIRL WHO PLAYED WITH FIRE
AUTHOR OF THE GIRL WITH THE DRAGON TATTOO
STIEG LARSSON
THE GIRL WHO PLAYED WITH FIRE STIEG LARSSON
Now in paperback, Book Two of THE MILLENNIUM TRILOGY
Over 27 Million Copies Sold Worldwide
"A sequel that is even better than the book that went before." —THE OBSERVER
"Lisbeth Salander was one of the most original and memorable heroines to surface in a recent thriller: picture Angelina Jolie's Lara Croft endowed with Mr. Spock's intense braininess." —THE NEW YORK TIMES
Win a trip for two to see Stieg Larsson's Stockholm
COMING MAY 25
THE GIRL WHO KICKED THE HORNET'S NEST STIEG LARSSON
"BELIEVE THE HYPE." —PEOPLE
Visit Metronews.ca/Penguin to enter. Contest ends April 30.

Big Bang Theory gets a little Blossom in their lives

Blossom star Mayim Bialik has landed a possibly recurring role on The Big Bang Theory, Entertainment Weekly reports. The 34-year-old actress will play Victoria, a potential love interest for romantically apathetic Sheldon. TVGUIDE.COM

A living memory of the Pacific

Dr. Sidney Phillips has become the voice of the men of The Pacific, HBO's Second World War miniseries.

He's the survivor among the drama's four central figures, with the others claimed by the war or the decades that followed.

The 85-year-old physician has shouldered the task of spokesman with grace and good humour, fielding media interviews and, at the request of The Associated Press, online queries from viewers about his combat experience and life afterward.

Phillips, who was 17 when he enlisted in the Marines the day after the Dec. 7, 1941, Japanese attack on Pearl Harbor, endured four months of brutal fighting on Guadalcanal and joined in the invasion of another Pacific theatre island, New Britain.

He returned to Mobile, Ala., where he raised three children with his wife, Mary, who died in 2000.

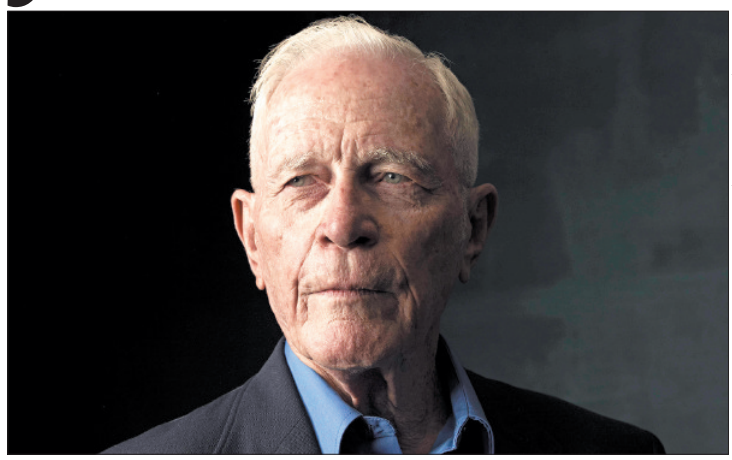
The Pacific, with actor Ashton Holmes as the young Pte. first class Phillips, debuted March 14 and airs new episodes at 9 p.m. Sunday.

Q What is your best memory of that chapter of your life, and what is your worst?

A There was so much comedy, there was so much joking, there was so much insulting one another; Marines never said anything nice to one another. … I still don't know if the public understands that foolishness and nonsense were very important. I think men hid behind that, rather than to say, "I'm scared to death."

I really think the worst memory were the living conditions — the standing in line for two tablespoons of beans and a tablespoon of corned beef for four hours on a troop ship. … There were two meals a day, and that went on for weeks and weeks and weeks. Then, when we got ashore, we had a whole regiment, which is 3,500 men, with dysentery, diarrhea and no toilet paper. If there hadn't been an ocean there, we would have been in serious trouble.

Q If such a devastating attack like Pearl Harbor were to happen today, could our young people rise up to the challenge as your generation did?



ART STREIBER/THE ASSOCIATED PRESS/HBO

Second World War veteran Dr. Sidney Phillips, who is portrayed in the HBO series The Pacific, says he hopes the show will revive patriotism and teach history to young people.

A I believe they would. I certainly hope they would. People ask me frequently what do I think about the series in general, The Pacific, and I say I hope it will revive patriotism and bring back teaching history to the young people, and what a wonderful country it is and how much blood it has taken to bring us to where we are.

Q How do you see the United States' involvement in the Iraq and Afghanistan wars and President Obama's long-term plan to end it?

A Today, the war seems to be conducted by the politicians. I think they need to turn the war back over to the military.

Q What helped keep you going and on mission throughout the war?

A There's a number of answers you could give, but the one that is foremost in my mind is your trust in one another, support of one another, your dependence upon one another.

THE ASSOCIATED PRESS

FLIGHT CENTRE Unbeatable

Puerto Vallarta
7 Nights 3.5-Star
from $498
+ taxes & fees $272
UPGRADE to 4-star accom from $14 per night.

1 866 519 5111 | flightcentre.ca

Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/30/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	Comedy Fest	CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		Metropia
	250	321	9 CTV	Lost "The Package" (N) (CC)		American Idol The 10 finalists compete. (Live) (CC)				Law & Order: Special Victims		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "The Houdini Code"		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Endgame" (CC)		NCIS: Los Angeles (CC)		The Good Wife "Infamy"		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Dancing With the Stars (CC)		The Middle	Old Christine	(:02) V "Welcome to the War"		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser Eliminated contestants return. (N) (CC)				Parenthood "The Situation"		EP Daily
	-	-	14 CW	The Office	The Office	90210 "Clark Raving Mad" (N)		Melrose Place "Santa Fe" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Endgame" (CC)		NCIS: Los Angeles (CC)		The Good Wife "Infamy"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser Eliminated contestants return. (N) (CC)				Parenthood "The Situation"		KING 5 News
	602	568	19 W	Supernanny "Burnett Family"		Style by Jury	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked		Beauty
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Lost "The Package" (N) (CC)		(:02) V "Welcome to the War"		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	M*A*S*H	I Dreamed of Africa ★ (2000) Kim Basinger, Vincent Perez.				Seinfeld	King	Cold Files
	291	383	27 PBS	Life (Part 2)	Steves Europe	NOVA "Rat Attack"		Frontline "The Quake" (N)		Independent Lens (N) (CC)		Taking Control
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol The 10 finalists compete. (Same-day Tape)				Q13 FOX News at Ten (N)		Family Guy
	-	364	53 PBS	Frontline "The Quake" (N)		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA "Rat Attack"	
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	55 TLA	Two/Half Men	Two/Half Men	90210 "Clark Raving Mad" (N)		Melrose Place "Santa Fe" (N)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity-test results.	
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 "Scientology: A History of Violence" (N)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey Phoenix Coyotes at Vancouver Canucks. (Subject to Blackout)					Sportsnet	Sportsnet Connected (Live)		UEFA Soccer
	400	400	30 TSN	NHL Hockey	SportsCentre (Live) (CC)			2010 Powerade Jam Fest			Boxing	SportsCentre
	411	457	49 OLN	Ghost Hunters "O.K. Corral"		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60		Monster Jam		Danger-Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Han. Montana	Suite Life	Sonny Chance	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Man Who Found-Titanic		Capturing the Friedmans ★★★ (2003) Arnold Friedman.				Broke (1992)
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	(6:30) Muchmusic Countdown		UR11		Gossip Girl (CC)		Love Court	Love Court	Video on Trial
	600	564	25 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	51 A&E	CSI: Miami "Cheating Death"		CSI: Miami "Deep Freeze"		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		CSI: Miami
	628	584	52 SPKE	Blue Mountain	Blue Mountain	UFC Unleashed (CC)		UFC Unleashed (CC)		Blue Mountain	Blue Mountain	Trek: Voyager
	521	560	34 TLC	Chocolatiers	Chocolatiers	My First Home	My First Home	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Ultimate Cake
	616	522	30 SHO	Relic Hunter (CC)		Family in Hiding (2006, Suspense) Brenda Strong. (CC)				Drop Dead Diva (CC)		NCIS (CC)
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Mad Dog"		Without a Trace (CC)		The Music of Chance ★★ (1993) (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives of New York		Real Housewives OC		Runway
	520	505	42 DIS	Swamp Loggers (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	Swamp Loggers (CC)		How It's Made
	522	506	44 HIS	Aftermath		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect (N) (CC)		Weather
	627	528	45 SPC	Fringe (CC)		Stargate SG-1 Alien utopia.		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Masters
	294	650	47 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	The Celebrity Apprentice Creating a four-page advertorial. (N)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Chefs vs. City Los Angeles.		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	53 AMC	Planet	Breaking Bad (CC)		Volcano ★★ (1997, Action) Tommy Lee Jones, Anne Heche. (CC)					Red Planet ★
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:35) Dance Flick ★★ (2009)		(:05) Forgetting Sarah Marshall ★★★ (2008) Jason Segel.				(9:55) My Name Is Bruce (2007, Horror) (CC)		
	581	566	101 MTV	16 and Pregnant "Nicole"		MTV Live	Sex News	Taking, Stage	My Life as Liz	16 and Pregnant "Nicole"		MTV Live
	261	394	102 V	Choices-Face	Archaeologist	Catholic Mission		Decoding Christianity		Music, Elijah	Decoding Christianity (CC)	
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Chefs vs. City

In this series, chefs Chris Cosentino and Aaron Sanchez are pitted against local foodies in a winner-takes-all race through a different city each week. In this episode, they're in Los Angeles to take on Amy Powell, owner of Big Ed's Gourmet Hot Dogs and Nino Linsmayer, owner of Food Lab Cafe Catering. The competition includes such challenges as making and selling tacos on the Santa Monica Pier and stomping grapes at a vineyard. 7 PM on FN

The Good Wife

Alicia (Julianna Margulies) gets more information and a new perspective about Peter's (Chris Noth) fall from grace when she represents Marie Browning (guest star Jessica Hecht), the wife of State's Attorney Glenn Childs (guest star Titus Welliver), in their divorce. Will (Josh Charles) gets cozy with his opposing counsel during a wrongful death suit against a TV commentator (guest star Craig Bierko) in "Infamy." 10 PM on CBS, GTV

Mills being sued by her ex nanny

DISCRIMINATION A former employee of Paul McCartney's ex-wife Heather Mills is suing her for sex discrimination.

Sara Trumble wants compensation after allegedly being unfairly dismissed from her job as a nanny after she became pregnant.

Mills' split from the former Beatle in 2006 was followed by a messy divorce in which she won 24 million pounds — some of it intended to pay for a nanny for their daughter, Beatrice.

Mills was criticized in the divorce judgment, which called her "less than candid."

The lawyer for 25-year-old Trumble, Nick Fairweather, argues that the judgment should be introduced as evidence of Mills' dishonesty.

THE ASSOCIATED PRESS

In brief

PROJECT RUNWAY Jessica Alba is bringing her fashion sense to Project Runway. Lifetime spokeswoman Kannie Yu LaPack says Alba will serve as a guest judge on Thursday's episode of the popular clothing-design show.

THE ASSOCIATED PRESS

Potter site goes live
Better start practicing your spells, the full official Harry Potter site is now live. You can put your feeble Muggle brain to the test with quizzes from each book, gloss over a glossary of magical, mostly Latinate terminology, and take part in Potter polls. EW.COM

Fighting over Farrah

Trustee, producer battling over late actress' estate

A producer being sued by Farrah Fawcett's estate has fired back in a court filing by claiming the late actress' money is being mishandled.

The trustee of Fawcett's estate has withheld money from some of the actress' beneficiaries, including her father, according to a filing by producer Craig Nevius. The document filed last week in Santa Monica is in response to a lawsuit filed by a Fawcett's estate against him in January.

Nevius, a one-time Fawcett confidante, also claims the lawsuit against him filed by trustee Richard B. Francis is a misuse of the actress' money.

The filing takes numerous swipes at Fawcett's longtime companion, actor Ryan O'Neal, and friend Alana Stewart. Both were constant figures in Fawcett's final months and worked on the documentary Farrah's Story, which aired on NBC.

Nevius sued O'Neal, Stewart and Francis over the documentary last year, claiming it didn't adhere to Fawcett's wishes and improperly cut him out of the process. His recent filing repeats an allegation that O'Neal threatened him in a phone conversation.

The filing claims Stewart misused her relationship with Fawcett to sell a book.

"I've read Mr. Nevius' response to our complaint which I think contains spurious and outrageous allegations," said Howard Weitzman, who represents Fawcett's estate and O'Neal, Stewart and Francis. "I'm confident the truth will all come out during the course of the litigation."

Attorneys for Fawcett's estate claimed in their lawsuit that Nevius botched a first edit of the documentary and "embezzled hundreds of thousands of dollars" from the actress' company. Nevius first teamed up with the former Charlie's Angels star on a reality television series called Chasing Farrah and later teamed up in a business that produced the NBC documentary.

Nevius is not seeking any money from Fawcett's estate, his court filing states. The filing states any business decisions Nevius made were done in good faith.Fawcett died at age 62 on June 25 after a three year battle with anal cancer. THE ASSOCIATED PRESS

Save more than money!
Activation Fee is on us! Save $35!#
plans from $15 per month*
Talk & Text
> No System Access Fees
> Per-second billing
SAVE PAPER
All plans come with online billing
Exclusive Dealer fido
Vancouver
1st Avenue Market (next to T&T)
3189 Main St
519 W. Broadway
New West
Royal City Centre
Burnaby
Crystal Mall
Richmond
Yaohan Centre
Lansdowne Centre (near Best Buy)
Aberdeen Centre
Surrey
Surrey Central Shopping Centre

Add Thomas Hobbs Florist to your office supply order.
Fresh flowers weekly.
THOMAS HOBBS
FLORIST
2127 WEST 41ST AVE, VANCOUVER
604-263-2601
WWW.THOMASHOBBSFLORIST.COM

Winehouse ready to start a family: Dad

Amy Winehouse is ready to start a family, according to her father. "She's become so broody. She loves kids, especially all our little cousins," Mitch Winehouse tells Contact Music. METRO WORLD NEWS.

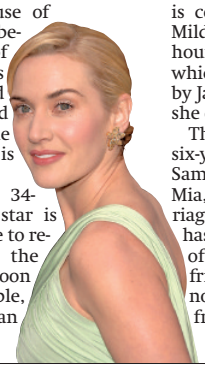
Celebrity Buzz

Kate's home 'tainted'

EVERYONE FEELS BAD FOR THE GIRL LIVING IN THE $6M MANSION Kate Winslet wants to move out of her marital home because it is "tainted" with bad memories, femalefirst.co.uk reports.

The Oscar-winning actress — who split from her film director husband Sam Mendes earlier this year — is desperate to leave their $6 million US New York mansion because she can't stop thinking about the arguments they had since they moved there in 2005.

A source told the New York Post newspaper: "Kate really wants to leave the apartment. She sees it as a house of horrors because of the fights she and Sam had there. She feels it is tainted."



The 34-year-old star is desperate to return to the U.K. as soon as possible, so she can spend time with her close friends. However, Winslet is contracted to work on Mildred Pierce — a five-hour-long mini-series which is based on a novel by James M. Cain — before she can make the move.

The actress — who has a six-year-old son Joe with Sam, and her daughter Mia, nine, from her marriage to Jim Threapleton — has been receiving a lot of support from her friends since she announced her separation from Mendes.

METRO WORLD NEWS

Ricky 'fortunate homosexual'

AND GAY MEN AROUND THE WORLD SAY I TOLD YOU SO Singer Ricky Martin put speculation about his sexuality to rest yesterday, posting a comment on his website that he is gay.

Martin wrote on his official website that, "Today is my day, this is my time, and this is my moment ... These years in silence and reflection made me stronger and reminded me that acceptance has to come from within and that this kind of truth gives me the power to conquer emotions I didn't even know existed."

He ends his post with, "I am proud to say that I am a fortunate homosexual man. I am very blessed to be who I am."

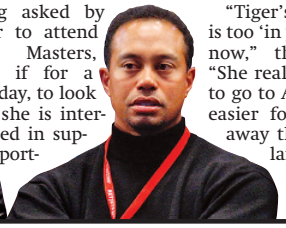
This is the first time Martin, 38 — who fathered twin sons with a surrogate mother — has publicly spoken about his sexuality.

METRO NEWS SERVICES

Will Elin attend Masters?

IT WOULD BE A GOOD IDEA TO KEEP AN EYE ON HIM While Tiger Woods is preparing to return to golf at the Masters in Augusta, Ga., on April 8, his wife Elin Nordegren must decide whether to attend the tournament, in what would be a very public display of support for her husband.

And that's just the scenario Woods' camp would like to see happen, according to a source close to Nordegren, people.com reports.



"Elin does not want to go to the Masters and is preparing for a trip to see her family and friends in Sweden," the source tells People. "She is also being asked by Tiger to attend the Masters, even if for a half day, to look like she is interested in supporting his return to golf. But she would rather not be there."

Instead, the source believes that Nordegren will continue to keep a low profile and fly a commercial airline to Sweden, where her family lives.

"Tiger's (private) plane is too 'in your face' for her now," the source says. "She really does not want to go to Augusta, and it is easier for her to be far away than home in Orlando."

METRO NEWS SERVICES

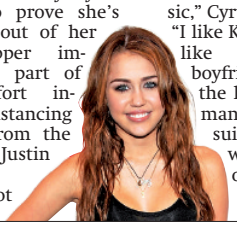
Bullock ready to seek divorce from James

CAN YOU SAY IRRECONCILABLE DIFFERENCES? Sandra Bullock has reportedly returned to California to deal with the fall out from husband Jesse James' alleged infidelity, according to Popeater. And the Oscar-winning actress reportedly plans to deal with the situation by getting the ball rolling on a divorce from James, sources say.

"It's over,' a Bullock pal says. "After everything that has happened, it is impossible for them to get back together, even though I'm sure she still loves the man she thought he was." Bullock is reportedly staying in the Hollywood Hills home she owned before her marriage to James after spending the past week at her Texas retreat. METRO WORLD NEWS

Cyrus' dream BF: Cobain

SHE MUST BE SMELLING THE TEEN SPIRIT Miley Cyrus is trying to prove she's growing out of her teeny-bopper image, and part of that effort involves distancing herself from the likes of Justin Bieber.



"I'm not necessarily a fan. I don't listen to that kind of music," Cyrus tells MTV News. "I like Kurt Cobain. (He) is like my dream boyfriend," she says of the late Nirvana frontman, who committed suicide when Cyrus was just 16 months old.

METRO WORLD NEWS

Papers prep obit for Lohan

JUST PLAYING THE ODDS Lindsay Lohan has become so prone to trouble that several newspapers have reportedly already written her obituary just in case the young actress passes away unexpectedly, according to Popeater.

"News outlets need to be prepared. However shocking a story it might be, they are in the business of breaking news fast and any preparation that can be done ahead of time is them just simply doing their jobs," a source says. "We all scrambled when Brittany Murphy and Heath Ledger died and don't want that to happen again."

METRO WORLD NEWS

Heigl blames self for image

PERCEPTION IS REALITY Katherine Heigl is upset about coming off as ungrateful during her time on Grey's Anatomy — and she admits she has no one to blame but herself.

"I allowed myself to be perceived that way because I was being whiny and I was griping and because I made these snarky comments," she tells Entertainment Weekly.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

DEMI MOORE is taking Kim Kardashian to task over word usage, **NICOLE "SNOOKI" POLIZZI** is turning off Twitter for a while, **TOM HANKS** wants to get ahead of the technology trend for his next film, and **JIM CARREY** is chiming in on the latest Catholic controversy. ,

@mrskutcher
@KimKardashian No disrespect I love a girls night out but a pimp and pimping is nothing more than a slave owner!

@Snooki
I'm going to have twitter withdrawl!! Gettin geared up to shoot season 2 !! I missed cameras in my face

@tomhanks
Thinking to shoot Larry Crowne not in 3-D, but 6-D. May go all the way to 7- or 8-D. Stand by.

@JimCarrey
The Catholic priesthood has become a religious disorder.

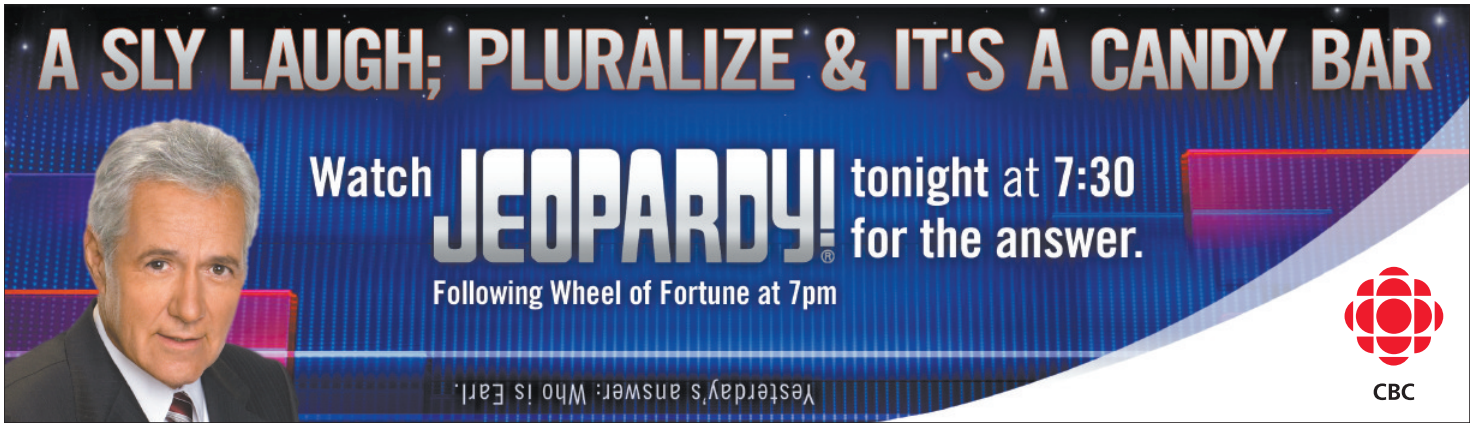
METRO NEWS SERVICES

Brand, not Perry, the Bridezilla

WOULD ANYONE BE SURPRISED IF HE WORE A WHITE DRESS IN THE CEREMONY Katy Perry isn't obsessing too much over her upcoming wedding to Russell Brand. Surprisingly, it's her fiancé that's filling the Bridezilla role in their relationship, Perry admits.

"I'm not that obsessed," she tells Hollyscoop. "If we stop for breakfast, he has to stop and get Bride magazine. It gets a little crazy."

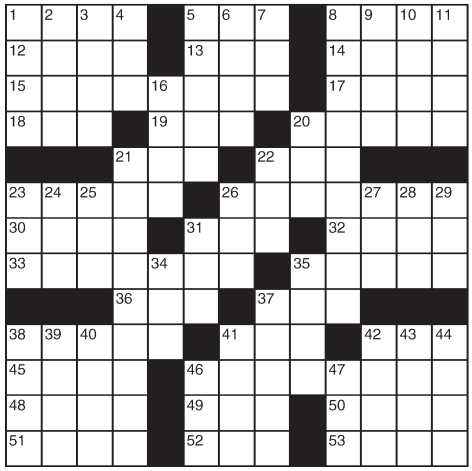
METRO WORLD NEWS



The Weather Network ©The Weather Network 2010
Today Showers 40% 11°/4°
Wednesday Showers 40% 9°/2°
Thursday Variable 40% 9°/5°
PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES.

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Disappear gradually
5 Fox competitor
8 Georgetown athlete
12 Sacred bird of Egypt
13 Carnival city
14 Squared
15 Screwdriver type
17 Car
18 Conger, e.g.
19 Donkey
20 Mgmt.
21 Historic boy king
22 Suitable
23 Calyx leaf
26 Rum exporter
30 Door handle
31 Levy
32 Lake vessel
33 Lemon-coloured
35 Big feather
36 Environmentally friendly
37 Witness
38 Explosion
41 Fellow
42 Time of your life?
45 Latvia's capital
46 Bonneville feature
48 Exam format
49 "6 Rms — Vu"
50 Magnificent tale
51 Frog kisser's growth
52 Individual
53 This and that

DOWN

1 Flute's kin
2 Competent
3 Use a rotary phone
4 Superlative ending
5 Peak of a wave
6 Prejudice
7 Turf
8 Place of honor, at dinnertime
9 Egg, biologically
10 Bigfoot's cousin
11 In due time
16 Burglar's booty
20 Intention
21 Sodium chloride
22 Send electronically
23 Firmament
24 Away from WSW
25 Rep. or Dem.
26 — Leno
27 Debtor's letters
28 Rotating part
29 Dined
31 Number suggested by 53-Across
34 Autumn mo.
35 Confined, with "up"
37 Soothing remedy
38 Forehead
39 Old Italian money
40 Gel in a petri dish
41 Primary
42 Dog food brand
43 Pace
44 Engrave
46 "No seats" sign
47 Winter mo.

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2		9	1	4		7	
4								2
		1				3		
7	6		3		5		8	4
				7				
5	4		1		2		9	7
		7				8		
6								9
	9		8	5	3		6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	3	4	2	9	7	6	5	1
5	9	7	1	8	6	3	2	4
2	1	6	3	5	4	9	7	8
3	5	2	9	7	1	8	4	6
4	6	1	5	3	8	2	9	7
9	7	8	6	4	2	1	3	5
7	4	3	8	1	9	5	6	2
6	8	5	7	2	3	4	1	9
1	2	9	4	6	5	7	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Roasted artichoke and pepper bruschetta

INGREDIENTS:
1 ciabatta
1 red pepper, thinly sliced
2 tbsp olive oil (from jar of artichokes)
12 slices salami
4 tbsp tapenade
1 jar roasted artichokes in olive oil, drained and sliced

METHOD:
1. Preheat broiler and line bottom of broiling pan with foil. Cut ciabatta into 12 slices on diagonal, each 1/4 in. thick. Put on broiling pan rack and cook about 1 minute on each side or until golden.
2. While bread is toasting, toss red pepper slices in oil. Remove broiling pan rack with toast still on it and set aside. Put pepper slices in single layer to one side of foil-lined pan and cook 3 minutes. Add salami to other side and broil 2-3 minutes or until peppers are lightly singed and salami slices start to crisp.
3. Meanwhile, stir contents of tapenade jar to blend in oil, then thinly spread onto toasts. Place pepper and artichoke slices on each piece, then top with crispy salami. Return to broiler to heat through. Serve at once.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Force yourself to do something for another person today. Not only will you quite enjoy the effort but you will impress some very important people.

TAURUS ♉
APRIL 21-MAY 21
You must resolve a difference of opinion and learn to get along with someone whose help you are going to need.

GEMINI ♊
MAY 22-JUNE 21
Help will arrive when you need it most. Not only that but your current situation is not nearly as bad as you like to think it is.

CANCER ♋
JUNE 22-JULY 22
Be careful who you confide in today. Not everyone has your interests at heart and if you let slip any valuable information there is no telling where it might lead.

LEO ♌
JULY 23-AUG 23
The world is full of people who say they want the truth when all they really want is to hear their own ideas and theories accepted by everyone else.

VIRGO ♍
AUG 24-SEPT 22
Blackmail never works, so get rid of the idea that by applying emotional pressure on someone you can make them conform. You can't.

LIBRA ♎
SEPT 23-OCT 23
Don't sit and brood on what might have been. Although today's full moon may be hard to deal with you know you have lots to be thankful for.

SCORPIO ♏
OCT 24-NOV 22
Certain things may not have worked out the way you intended but is it really such a big deal? Of course not.

SAGITTARIUS ♐
NOV 23-DEC 21
You don't have to do anything special to impress others today — just be yourself and they will like what they see.

CAPRICORN ♑
DEC 22-JAN 20
You have made the best of a difficult situation and can feel rightly pleased with yourself. But don't stop there.

AQUARIUS ♒
JAN 21-FEB 18
Don't waste time on trivial things. Decide what is your main priority and focus on it to the exclusion of everything else.

PISCES ♓
FEB 19-MARCH 20
Today's full moon may harden your resolve not to give in to someone's pleas, but do you really want to appear cold-hearted?

Award Winning - 2009 Vancouver View Award
EURO CHARM Skincare and Body Clinic
"Where wellness meets beauty"
• Hydrotherapy and Psoriasis Technology Services
• Cellulite Reduction and Slimming Programs
• Non-Surgical Face and Body Skin-Lift
• Supplement and Vitamin Program (Life Extensions)
• Day SPA Treatments and Phyto and Oxygen Bar
30% off for all Laser Services | 795/unit Botox | 200/unit Dysport | 20% off Beautytek Treatments
Gift Certificates available Specials Expire March 31, 2010
604.568.2575 • 3401 East Hastings St, Vancouver
www.eurocharm.ca •1 Block East of the PNE • Free Parking

borrow up to $1,500 instantly
mogo
for 30 days
apply now!
twice as long, half the price of any payday loan
Consumer Protection BC Licence # 50022
mogomoney.com
» money on the go

AIR CANADA VACATIONS

GREAT deals starting at $429

+Taxes & other fees (including service charges): $134

USA

Las Vegas

Paris Las Vegas • 4★
Luxury rm.
June 1 • 3 nts.
FREE 24-hour buffet
$429
+Taxes & other fees (including service charges): $134

CUBA

Varadero via Toronto

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
Apr. 10 – 12 • 1 wk.
$829
+Taxes & other fees (including service charges): $229
Please add $50 for Sat. & Sun. departures

Santa Clara via Calgary

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
May 1 – 29 • 1 wk.
$1189
+Taxes & other fees (including service charges): $212

DOMINICAN REPUBLIC

Puerto Plata via Toronto

Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Apr. 9, 16 & 23 • 1 wk.
$599
+Taxes & other fees (including service charges): $314

MEXICO

Puerto Vallarta / Riviera Nayarit

Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Apr. 3 • 1 wk.
PRIVILEGES
$879
+Taxes & other fees (including service charges): $264

Los Cabos

Crowne Plaza Los Cabos Grand Faro • 4 1/2★
All-Inclusive
Deluxe oceanview rm.
Apr. 4 • 1 wk.
$949
+Taxes & other fees (including service charges): $266

HAWAII

Honolulu

Aston at the Waikiki Banyan • 3★
Value rate – One-bedroom, one-bath standard rm.
Apr. 14 • 1 wk.
$799
+Taxes & other fees (including service charges): $131

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
May 4, 5, 7 – 14 & 18 – 20
1 wk.
$1169
+Taxes & other fees (including service charges): $280
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
May 4, 5, 7 – 14 & 18 – 20
1 wk.
PRIVILEGES
$1329
+Taxes & other fees (including service charges): $280
Please add $50 for Sat. & Sun. departures

DEAL to EUROPE

Paris via Toronto or Montreal

Hotel Cervantes Paris • 3★
Breakfast
Double standard rm.
June 6 – 11 • 6 nts.
Complimentary Hop-on / Hop-off tour
$1199
+Taxes & other fees (including service charges): $419

DEAL on CRUISES

Louis Cruises[1]

Louis Cristal
Greece & Turkey Cruise
Flights to Athens via Montreal
Inside stateroom, cat. IC
Sept. 3 • 1 wk.
Book by April 30 and **SAVE $200** per couple
$2599
+Taxes & other fees (including service charges): $660

OCCIDENTAL HOTELS & RESORTS

MEXICO

Cancun / Riviera Maya via Toronto

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
May 28 • 1 wk.
$1129
+Taxes & other fees (including service charges): $289

COSTA RICA

Liberia via Toronto

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
May 8, 15 & 22 • 1 wk.
$1429
+Taxes & other fees (including service charges): $209

CONNECT FREE[2] Cranbrook • Castlegar • Kamloops • Kelowna • Nanaimo • Penticton • Victoria

Fly in style – Upgrade to Executive Class® service

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 9,450 Aeroplan® Miles per member[1]

Find us on facebook
twitter

OCCIDENTAL HOTELS & RESORTS

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 30 & Apr. 3, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. [1]Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Paris, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ 'Louis Cruises' ships' registry: Majuro, Piraeus and Valletta. [2]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.